Volume X

LIFE SKILLS

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اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وعَجِّلْ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the tenth volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, one of the future's starts,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

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Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the tenth volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of

individuals who have ventured on their own life journeys. We embrace this collective wisdom as a testament to the power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends

the confines of culture or belief. Our aim is to draw upon the collective wealth of knowledge and insights, offering you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text does not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,

Abidi

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Science, Business & Religion

The relationship between scientific research and commercial interests has evolved over time. Today, it is a reality that science is deeply intertwined with technological companies and industrial agendas, and funding from corporations and industrialists drives research in specific directions, which could potentially affect global priorities and outcomes. However, it is important to note that not all scientific research is dependent solely on commercial interests, but in many fields, scientific research is held hostage by business interests.

Although collaboration between scientists and businesses can lead to research for innovation and technological development, this process prioritizes the interests and convenience of global business, corporations, and related professionals, rather than ending the foundations of poverty from the world.

As science has become increasingly commercialized, there is a risk that research priorities are largely influenced by profit motives and are not for the benefit of humanity or the solution of fundamental problems, but for the growth of the business of the capitalist and industrialist. It is also observed that the capitalist, for the purpose of earning more profits, for example, creates health problems himself and then doubles his wealth by providing treatment. In addition, in the field of entertainment, in the name of entertainment, in the

name of food needs, and in other fields, such scientific research institutions and universities whose scientific awe has already been established by the media and other sources publish false statistics, surveys, and studies, which mislead the public mind and make entertainment, food, and other products. It believes that the society is an important need and priority, and through the scientific awe and the apparent glitter of the products, it dominates the market, increases consumers, and increases profits. This movement tarnishes the scientific status of scientists and researchers, and arbitrary results and research reports, surveys, and statistics are prepared, and this movement certainly diverts attention from the important and priority sectors and classes of humanity, but rather deceives them, and all this is done consciously by the global establishment based on a few secret families. In some cases, it has also been seen that access to scientific development is limited and the interests and profits of the commercial elite's secret government are given priority over the information and knowledge of an impartial researcher. Also, for those researchers and scientists or scientific institutions who refuse to cooperate in these fraudulent businesses, life is made difficult or impossible.

In this context, it is important to ensure that the integrity of the impartiality of scientific research is maintained and that research is carried out for the benefit of the entire society on an equal basis. Maintaining a balance between

the search for knowledge and the interests of different stakeholders and sub-classes of human brotherhood and the global society is a constant challenge. The establishment of ethical standards to guide these collaborations and research transparency is very important to prevent unfair influence on the scientific process.

Balancing between commercializing scientific research and technology and the fundamental principles of scientific research is important to maintain the integrity and social benefits of scientific research. The establishment of ethical policy can play a role in providing ethical guidance and ethical aspects in this context. The religious point of view often emphasizes higher heavenly values in justice and social justice in social sectors. Religious communities and religious leaders should contribute to the ethical effects of science in the context of commercial and social priorities, and remind the scientific and scientific fields as well as the general society to create an environment of preference and justice for the well-being of all individuals. And the establishment of truth-based priorities for the establishment of sustainable human life on the earth. For example, 80% of the world's problems, including providing hunger, clean water, and shelter, as well as providing skill capabilities and employment opportunities, and promoting awareness of the ethical role of society, are the highest priority. Where are you

going to invest in research on AI, Mars, new types of animals, and other technology?

Develop ethical policy based on ethical standards in scientific efforts in the light of religious principles, bind scientists and businesses to ensure the wider impact of their work on humanity and the earth. By incorporating the ethical aspect into policies, more balanced scientific research, technology development, and then marketing can be promoted through contact with religious and social experts that are in line with human social values. However, it is important in this regard that policymakers, free from all kinds of threats, greed, and fear, develop such a law in which the welfare of the global human society can be made general and equally effective on a priority basis. And the monopoly of exploitative elements can be eliminated by making a complete regulation for them.

(Note: By replacing the word "science" with pillars of human society such as philosophy, education, religion, politics, media, etc., thought-provoking content can be obtained, because the corrupt capitalist has commercialized every pillar, the only solution is to take global and local control from the control of the capitalist or to bring it under the regulation of law to bind it to the welfare of the global society, but the general "human" who comes to power in any way, However, it is not possible for any human being who comes to power in any way, whether it is through legislation or operations,

to be free from human Lustful desires. This is why it becomes important that the divine representative powers take control of the global control and global arrangements through divine power, from which the possibility of occurrence and error is not possible.

How to confront Everyday Problems?

There are practical tips and strategies that can help you navigate common challenges. Here are some suggestions for various situations:

1. Time Management:

- Use the Pomodoro Technique: Work for 25 minutes, then take a 5-minute break.

- Prioritize tasks with the Eisenhower Matrix: Urgent/Important, Important/Not Urgent, Urgent/Not Important, Not Urgent/Not Important.

2. Stress and Anxiety:

- Practice deep breathing exercises or meditation.

- Break tasks into smaller, more manageable steps.

- Exercise regularly to reduce stress and improve mood.

3. Productivity:

- Use productivity tools and apps like Todoist, Trello, or Asana.

- Set specific goals and deadlines.

- Eliminate distractions during focused work periods.

4. Health and Fitness:

- Drink plenty of water and maintain a balanced diet.
- Establish a consistent sleep routine.
- Find an exercise routine you enjoy to stay active.

5. Communication Issues:

- Practice active listening.
- Clearly express your thoughts and feelings.
- Use "I" statements to avoid sounding accusatory.

6. Financial Challenges:

- Create a budget and stick to it.
- Save regularly, even if it's a small amount.
- Prioritize needs over wants.

7. Relationship Struggles:

- Communicate openly and honestly with your partner.
- Make time for each other regularly.
- Seek professional help if needed.

8. Procrastination:

- Break tasks into smaller, more manageable parts.
- Set realistic deadlines and hold yourself accountable.

- Identify and address the underlying reasons for procrastination.

9. Decision-Making:

- Use the pros and cons list method.

- Consult with trusted friends, family, or mentors.

- Sleep on it – sometimes a fresh perspective comes with time.

10. Technology Overload:

- Set designated times for checking emails and social media.

- Turn off non-essential notifications.

- Consider a digital detox periodically.

Remember, there's no one-size-fits-all solution to these problems, and what works for one person may not work for another. Experiment with different strategies, and adapt them to your unique situation and preferences.

Art Of Decision Making

While decision-making isn't a straightforward, there are strategies and frameworks that can help you make more informed and effective decisions.

1. Pros and Cons List:

- Create a list of the pros and cons of each option to visually compare them.

2. Decision Matrix:

- Assign weights to different criteria and rate each option on those criteria to calculate a total score.

3. Eisenhower Matrix:

- Categorize decisions based on urgency and importance to prioritize effectively.

4. SWOT Analysis (Strengths, Weaknesses, Opportunities, Threats):

- Evaluate the internal and external factors that may influence the decision.

5. Decision Trees:

- Visualize decisions with branches representing different possible outcomes.

6. Six Thinking Hats:

- Look at the decision from different perspectives: facts, emotions, benefits, risks, creativity, and process.

7. The 10-10-10 Rule:

- Consider the consequences of your decision in 10 minutes, 10 months, and 10 years.

8. Consult with Others:

- Seek advice from friends, family, or colleagues who may offer valuable insights.

9. Mind Mapping:

- Create a visual representation of your thoughts and ideas to see connections and potential outcomes.

10. TRIZ (Theory of Inventive Problem Solving):

- Identify contradictions in your decision and find innovative solutions.

11. Zero-Based Thinking:

- Imagine if you had to start from scratch. Would you still make the same decision?

12. Cost-Benefit Analysis:

- Evaluate the costs and benefits associated with each option.

13. Decision Journal:

- Keep a journal of your decisions and their outcomes to learn from past experiences.

14. Intuition and Gut Feeling:

- Trust your instincts when appropriate, especially if you have relevant experience.

15. Set a Deadline:

- Give yourself a specific time frame for making the decision to avoid overthinking.

16. Consider Worst-Case Scenarios:

- Evaluate how well each option would handle potential challenges or failures.

17. Use the 5 Whys:

- Ask "why" repeatedly to get to the root cause of the decision and understand the underlying factors.

Remember that no decision-making strategy is foolproof, and context matters. Consider combining multiple approaches based on the complexity and importance of the decision. Additionally, be flexible and open to adjusting your course based on new information or changing circumstances.

Common Rules for Every Problem and Challenge

Adopting certain mindsets and approaches can help you navigate various situations more effectively. Here are some general principles that can be applied to a wide range of problems:

1. Positivity and Optimism:

- Maintain a positive outlook and believe in your ability to find solutions.

- Focus on opportunities for growth and learning in every challenge.

2. Adaptability:

- Be flexible and open to change.

- Embrace the idea that challenges often bring new possibilities.

3. Resilience:

- Develop resilience to bounce back from setbacks.

- View failures as opportunities to learn and improve.

4. Problem-Solving Skills:

- Break down problems into smaller, more manageable parts.

- Seek out practical and realistic solutions.

5. Effective Communication:

- Clearly express your thoughts and actively listen to others.

- Collaborate with others to gain diverse perspectives.

6. Time Management:

- Prioritize tasks and focus on what truly matters.

- Set achievable goals and deadlines.

7. Continuous Learning:

- Cultivate a mindset of continuous improvement.

- Stay curious and seek knowledge to adapt to changing circumstances.

8. Emotional Intelligence:

- Understand and manage your emotions effectively.

- Consider the emotions of others in your decision-making.

9. Networking and Support:

- Build a strong support network of friends, family, and colleagues.

- Don't hesitate to ask for help when needed.

10. Self-Reflection:

- Regularly reflect on your experiences and decisions.

- Identify patterns and areas for personal growth.

11. Resourcefulness:

- Use available resources creatively to find solutions.

- Explore alternative approaches to problem-solving.

12. Gratitude:

- Focus on what you have rather than what you lack.

- Cultivate gratitude to foster a positive mindset.

13. Mindfulness:

- Practice mindfulness to stay present and focused.

- Manage stress by being aware of your thoughts and feelings.

14. Proactive Mindset:

- Take initiative and be proactive in addressing challenges.

- Anticipate potential issues and plan accordingly.

15. Empathy:

- Understand and consider the perspectives of others.

- Build strong relationships based on empathy and understanding.

Remember that every problem is unique, and the effectiveness of these principles can vary depending on the context. However, integrating these mindsets into your approach to challenges can enhance your overall problem-solving abilities and resilience in the face of difficulties.

What are the best life lessons for a student?

1. You're awesome. Be confident in who you are. I promise that you will meet people who are smarter than you, and that's ok. You don't have to be the smartest person – oddly enough, sometimes being the smartest person is a detriment. I also promise that you will be smarter than most. Enjoy that; while being smart isn't everything, it is definitely something. There are a lot of brilliant people in prison. Be confident in your intelligence, but not cocky. I've found that, most of the time, being cocky backfires on you. That leads into point two...

2. Sometimes it takes more courage and intelligence to be silent, than to speak. As the famous saying goes, it is better to be silent and thought ignorant than to open your mouth and remove all doubt. Sorry for the quotes, but I can't say it any better myself. It took me a long time to understand and respect silence. I'm still learning that it's a mark of maturity and, most of the time, intelligence. Also, respect everyone's differences and challenge yourself to learn about them. Some of the best memories I have from college are from learning about other people's cultures on my soccer team.
3. Don't stop learning. I don't mean that in a teacher way, I mean it in a learning life sort of way. You are constantly growing, maturing and developing who you are so enjoy it. Life is a process that no one is immune to. We all change our taste in music, food, TV, people, etc. It's ok to change these preferences – don't try to fight it, just go with it. I wasted a lot of college trying to be someone I wasn't because I thought I was supposed to be someone else. To complete number three, you need to invest in number four…
4. Spend time with yourself. Since you've been in my class, I've learned that you're awesome. If you sit and spend time with you, I think you'll feel the same way. This was probably the toughest thing for me to do. I'm such a people person, but sometimes the best thing is alone

time with great music, a book, TV or whatever. As cheesy as this sounds, be your best friend. As soon as you learn that you're pretty awesome with all of your faults and idiosyncrasies, the sooner you will be a better person and enjoy life so much more. That leads to number five...

5. Everyone has faults. With the advent of social media, I sometimes find myself comparing my faults with everyone else's highlights. Think about it, if you scroll down your Twitter feed, you see people lauding their accomplishments, great times, great friends, etc. There's absolutely nothing wrong with this, but if you compare all of your faults with this, you begin to feel a bit inadequate. Everyone has faults so embrace yours. Grow from them and know that they add to what makes you you. And remember, you're awesome.
6. Surround yourself with people that love you and think you're great (but also know your faults). You need this, trust me. If someone won't accept you for who you are, really ask yourself if you need that relationship (be it friends or more).
7. Smile. Every day. I'm not getting into the psychology of it all, but it *could possibly* make you happier and healthier. Trust me.
8. Don't trust people just because they say, "trust me".
9. Trust people. It's endearing.
10. I've saved one of the most important for last – be happy. Genuinely happy. Choose a

profession that at least pays the bills and leaves you wanting to go to work most days. You won't be happy every day – you will have bad days, weeks and maybe even months – but be generally happy. Money will not, in the end, make you happy – no one has their net worth listed on their tombstone.
One of the greatest pieces of advice my Dad ever gave me was to make great memories. That's all we're doing in life, is making memories. So make them good ones and remember that you are part of other's memories so make sure they are positive too.

11. I have to end this the way my mother ended most of our conversations when I was in high school and college – make wise choices.

I love you guys. You're awesome. My door is always open. I will be here and will let you interrupt my class, but knock first. The door will be locked because, you know, stranger danger.

What are some mind blowing life hacks?

1. Embarrassing memory? Just add Seinfeld music overtop.

2. Drink water before bed if you want to wake up early.

3. If you are afraid to check your bank account, you need to check your bank account.

4. If you ever want software online for free, don't search for "free". Search for "open source" to avoid limited trial versions and malware.

5. If you've forgotten an acquaintance's name, just ask them what their name is, and after they tell you, say "no, your last name." Works like a charm and they never suspect a thing.

6. If you're watching YouTube on your phone just scroll to the end and restart the vid to skip all ads.

7. If you're in a rental car and need to fill up with gas but can't remember which side the fuel tank is on, look at the gas gauge. There is an arrow that points to the side of the car with the tank.

8. If you need to remove taped paper without tearing the paper, simply pull the tape to stretch it out.

9. While running, if you need to increase your speed, pump your arms faster than your legs. Your legs will follow suit.

10. To stop hiccups, eat a spoonful of creamy peanut butter very slowly.

11. If you're worried you're gonna throw up, your mouth usually fills with saliva a minute or two beforehand because the contents of your own stomach are harmful to your throat. It's a pretty good indication that you're gonna hurl.

12. If you get brain freeze, either breathe with your mouth open for a few seconds and power through, or try to use your tongue to warm the roof of your mouth.

What do INFJs want you to know?

1. Understanding you is our way of showing affection so when you attempt to understand us, we feel loved.
2. We will have a good idea of what people are thinking and feeling before they tell us.
3. Please don't be alarmed by us trying to psychoanalyze you, life, society, and all of existence; we're seeking the deeper meaning in everything and everyone we care about.
4. Due to the multifaceted nature of our character, many of your assumptions about us will likely be wrong. Please ask us questions. Assumptions are pre-packaged answers, questions are open doors.
5. Because of the previous point, your perspective and any "advice" stemming from it are unlikely to resonate or be effective for us. It can be frustrating when people treat their personal truths as universal ones.
6. Some of us will have super high standards for ourselves and others which make us hard to be around. We can even get depressed if we fall short of our standards.

7. Healthy INFJs live in the future. Unhealthy INFJs live in the past. Spiritually awakened INFJs live in the present.
8. We can have a hard time opening up to people because we don't want them to be burdened by our thoughts/feelings.
9. Most healthy INFJs will be personal growth junkies who eagerly devour anything related to growth as if there is a growth famine out there. Some people see personal growth as a chore, we see it as a divinely inspired duty!
10. We appreciate criticism that is constructive and delivered in a non-threatening, non-judgemental neutral tone or better yet—no criticism at all as most of us will criticize ourselves way more than any person ever could.

Do you know which habits will damage your brain?

Here are few points about habits that can damage your brain:

1. Lack of sleep: Not getting enough sleep harms your brain.

2. Poor nutrition: Eating unhealthy food hurts your brain.

3. Alcohol consumption: Drinking alcohol damages your brain.

4. Drug abuse: Using drugs harms your brain and can lead to addiction.

5. Smoking: Smoking tobacco restricts blood flow to your brain and affects memory.

6. Chronic stress: Long-term stress damages brain cells and affects memory and thinking.

7. Lack of physical activity: Not exercising regularly harms your brain.

8. Musterbation and sex : Always think about sex and doing musterbation.

15 Psychological facts everyone should know

1. Turning down the car radio when looking where you are actually makes sense. Your mind cannot focus on two things at the same time.
2. If you announce your goals to others, you're less likely to succeed. In fact, studies show you lose motivation.
3. Chocolate releases the same happiness-increasing neurotransmitters as being in love does.

4. Your mind cannot create faces. Meaning everybody you dream of you have met at some point in your life, even if only in passing by.
5. You cannot multitask.
6. You are more creative when you are tired.
7. Being with positive, happy people keeps you happier.
8. Feeling ignored causes the same chemical effect as that of an injury.
9. People who can delay their gratification are more likely to succeed in life.
10. Kids are more stressed now than the average psych ward patient in 1950.
11. Your brain takes up 2% of your body mass but about 20% of the energy, water and oxygen intake.
12. The longer you hide your feelings for someone the harder you fall for that person.
13. Money only increases your happiness up to $75,000 a year. After that it becomes a matter of if you have more than your neighbor.
14. Food, Sex And Danger Come First In Our Brains.
15. We Can Only Remember 3 Or 4 New Things At A Time.

Easiest Psychological Trick You Can Play On Someone

- Saying 'You're right!' instead of 'I know' makes you look less like an asshole and doesn't

diminish something someone else may have just found out.

- When somebody shy is speaking, if you look at them and nod your head, it encourages them to keep talking.
- Instead of asking, 'Do you have any questions?' ask, 'What questions do you have?' The first almost always results in silence, while the second helps people feel comfortable asking questions.
- If you need to deescalate someone and get them to communicate, ask them questions about numbers or personal information
- When you have something important to say to your kids, say it very quietly so that they listen. They're immune to your yelling, but whispering gets their attention.
- To avoid workplace drama and be liked, compliment people behind their back
- Say hello to everybody you know, and say it with a s So little effort for a person to find you friendly!

Psychological Facts Related To Mental Disorders

- Viewing violent news on social media can make people experience symptoms of stress disorders, such as post-traumatic stress disorder (PTSD).

- Reading a good book reduces stress by 68%. In fact, it is a more effective means of relaxation than leisurely walking, playing video games, or drinking tea.
- Studies show that, months of exposure to stress can permanently destroy neurons in your brain, which affects learning, reasoning, impulse control and memory.
- People who have been wronged and are plotting revenge tend to experience heightened activity in the brain's insula or reward center. This involves the rapid processing of negative emotions like disgust, anger, or guilt.
- We scream out when we are really happy, sad, or excited. This is because the hypothalamus in our brain (that controls our physical reactions) cannot distinguish between the three emotions.
- Our brains constantly make predictions at different levels, from grammar to specific speech sounds. They work with an "autocomplete function", constantly predicting the next word when we are listening to a book, reading, or conducting a conversation.
- The tendency to focus on one's own interests and manipulate, deceive and exploit others to achieve personal goals refers to a personality trait called Machiavellianism.
- Using your non dominant hand for mundane tasks (eating cereals. Opening doors etc) for two weeks can improve your self-control.

- People with Kleptomania feel strong urges to steal. With anxiety, tension, and arousal leading up to the theft and feeling pleasure and relief during the theft.
- Hunger makes us "hangry" too! New research associates hunger with several negative emotions like anger, irritability, and restlessness.
- For most people, happiness and life fulfillment revolves around love or simply searching for love, according to research.
- Those who constantly doubt their own judgment are especially prone to a wide range of psychological problems-- such as mood swings, lower self-esteem, anxiety and depression.

Knowing How to Seek Advice from Others Wisely

It is an illusion to think that a wise leader gets his wisdom from the good advisers he has around him instead of through his own ability. It is an undisputable truth that one who is not wise himself will never take good advice, unless by chance he has yielded his affairs entirely to one person who happens to be a very prudent man. In this case, he may be well managed, but it would not be for long because such a manager would in short time take dominion over what he has. The intelligent have more right to lead.

When one who is not experienced takes counsel from more than one, he will never get united counsels, nor will he know how to unite them. Each of the counselors will think of his own interests. The person will not know how to control them or to see through them. Men may prove untrue to you unless they are kept honest by constraint. Therefore it must be inferred that good counsels, wherever they may come from, are born from the wisdom of a leader, and not the wisdom of a leader from good counsels.

Intelligence and freewill are one. To be intelligent, you must be willing to do your own thinking and to go your own way. Once you use your will and decide for yourself, then are you able to relate with others intelligently and obtain their intelligence as well. Your locus of control must be internal and not external. Do not think that you are wise because others make you wise, but rather have the mindset that your wisdom enables you to tap the wisdom of others. Rule your world with the will and the intellect.

11 Valuable advises life will teach you

Life often imparts valuable lessons. Here are 11 pieces of advice that life may teach you:

1.Embrace Change: Change is inevitable; learning to adapt will make your journey smoother.

2.Failures are Lessons: Mistakes and failures are opportunities for growth and learning.

3.Cherish Relationships: Invest time in building and nurturing meaningful connections with others.

4.Be Present: The present moment is precious; don't let it pass by while dwelling on the past or worrying about the future.

5.Take Risks: Stepping out of your comfort zone often leads to new experiences and opportunities.

6.Value Time: Time is finite; spend it wisely on things that truly matter to you.

7.Self-Reflection is Key: Regularly reflecting on your thoughts and actions can lead to personal growth and self-awareness.

8.Kindness Matters: Acts of kindness, big or small, can have a significant impact on others and yourself.

9.Resilience is Strength: Life will bring challenges; developing resilience helps you bounce back stronger.

10.Learn to Let Go: Holding onto grudges or unnecessary baggage hinders personal growth; learn to let go.

11.Balance is Essential: Strive for a balance between work, personal life, and self-care to maintain overall well-being.

These pieces of advice are general and may resonate differently with individuals based on their experiences and perspectives. Life's lessons are diverse, and each person's journey contributes to their unique set of insights.

What are some useful psychology facts?

1. Smart people underestimate themselves, and ignorant people think they’re brilliant.
2. Jamais vu - when something familiar seems unfamiliar. It’s the opposite of déjà vu.
3. Phobias may be memories passed down through generations in DNA, according to a new research.
4. When you remember a past event, you remember the last time you remembered it. (not the original event)
5. Research has found that good relationships are more important to a long life than exercise.
6. Expectations affect performance.
7. Opposites don’t attract. You’re more likely to be attracted to someone who looks and thinks the same as you.
8. The best way to get someone to like you isn’t to do them a favor, but to convince them to do you a favor.
9. People tend to hate others that have the same flaws and make the same mistakes as they do.

10. Your brain does more creative work when you're tired.
11. People learn best when they are teaching others.
12. Some people are inherently lazy, but they are typically happier.

12 Golden things you learned with age

1. Get out of your comfort zone and try out new things.
2. Find learning opportunity in every moment.
3. Always follow your gut.
4. Learn from mistakes.
5. Stop apologizing for everything.
6. Not everyone will like you and that's okay.
7. It's okay to ask for help.
8. Don't stress about things that are not in your control.
9. Be grateful for what you have.
10. Never feel guilty for putting yourself first.
11. Never give up on your dreams.
12. Don't compare yourselves with others, it's the worst thing.

Lessons That Have Learned From Hardships Of Life

1. Learn Patience. Patience is bitter, but it's fruit is sweet.

2. Nobody will care for you, until you don't care for yourself.

3. Be a hard worker. Hard work always pays off.

4. Be happy, but not satisfied anything can happen anytime.

5. Time is rare and precious. Never waste it on people who don't care for you.

6. Don't overthink of your past if you did nothing useful. Work to make your future meaningful.

7. Respect others, they will definitely respect you.

8. Don't bother what people think about you.

9. Nobody will love you more than your parents.

10. Don't be afraid to dream big and take risks. If you succeed you will be happy and If you fail, you will be smarter.

11. Be grateful. Gratitude is a Powerful tool of your journey.

12. Your health is your most valuable assets.

13. Forgiveness is the hardest track, but when you forgive someone you will be in peace.

14. Never depend on anyone for anything, you never know someone's intentions.

15. Maintain good health. Remember health is wealth. You can never replace it with anything.

12 Behaviors of a highly confident person

Praise, bless, thank everywhere, everyone, every time.

It's a change in your attitude toward life. Give, do not take.

Only if you love yourself, trust yourself, and appreciate yourself... those are the foundations of self-worth and self-esteem... will you be able to really love another person and be loved.

Remember that you learn to love by loving yourself; to trust in you is learned by trusting in you; to appreciate you is learned by appreciating you. Start small and soon you will see big changes.

A wise person is the one that strives to achieve the perfect balance between mind, feelings, and will to become the best human being he/she can be.

Psychological Facts About Social Psychology

- We remember those who ignore us more than those who speak to us easily.
- Your brain does more imaginative work when you are sleepy.
- 90% of the people around you don't want you to do better than them.
- No matter how good a person you are, at some point, you will be the villain in someone else's story.
- Having a positive mindset can help you heal more quickly from any serious illness or disease.
- Women have half as many pain receptors on their bodies as males, but they have a much higher pain threshold.
- When you are ignored by a person whose attention means the most to you, the reaction in your brain will be similar to physical pain.
- When a number of people witness something like an accident, the more people there are, the less likely someone will step forward to help.
- People who keep their hands in their pockets while around large crowds are generally antisocial and/or shy.
- People who claim to have high emotional intelligence (EQ) often have low EQ and low IQ.

Most Awesome Psychological Facts

1. Haters don't really hate you, in fact they hate themselves because they are a reflection of what you want.

2. Be sure to listen carefully to how one person talks to you about other people. That's how they talk to other people about you.

3. We only need two close friends we can trust. A lot of friends are associated with depression and stress.

4. People who don't socialize much are not actually anti-social, they don't tolerate drama and fake people.

Stop telling your problems to others, 5% don't care and the other 20% are happy that you have it.

6. Eating chocolate while studying helps the brain retain new information and is associated with higher test scores.

Being nice to someone whom you dislike doesn't mean you're fake, it usually means you're mature enough to tolerate that person.

8. It's hard to get someone out of their mind, the reason they're thinking about you too.

9. People who understand sarcasm well are often good at reading people's minds.

If your mind wanders over and over again, there's an 10% chance that you're subconsciously unhappy with your life.

The way parents talk to their children becomes the voice of their conscience.

12. Writing down your negative thoughts and throwing them in the trash can improve your mood. (I tried and it really works:)

13. Meditation can change the structure of the brain in just 8 weeks. It also increases gray matter in parts of the brain associated with learning.

Signs Of Weak Mentality

1. **Avoiding Eye Contact:** Notice if the person looks away, down, or at objects rather than meeting others' gaze during conversations.
2. **Over-Apologizing:** Pay attention to how frequently and profusely the person apologizes, even for minor things that don't warrant an apology.
3. **Self-Deprecating Humor:** Constantly making jokes at one's own expense may be a way to deflect attention from perceived flaws and create a barrier to genuine connection.
4. **Reluctance to Take Initiative:** A hesitation to take the lead or initiate activities may stem from a fear of failure or a lack of belief in one's ability to contribute meaningfully.
5. **Difficulty Accepting Compliments:** Struggling to accept compliments may indicate a belief that positive

feedback is not genuine or difficulty acknowledging one's worth.

Ridiculous Psychological Facts About Human Beings

1. Taking a long, warm bath or shower can help fight feelings of loneliness.
2. People lie more to themselves than to others.
3. First 3 seconds you wake up you will not remember anything.
4. The size of people's signature is linked to overall confidence. The larger the signature, the greater their self-esteem.
5. When telling a lie, a person's hands will stay noticeably still.
6. You tend to be less discerning about money in your native tongue.
7. The type of music you listen has an impact on your perception of the world.
8. When you remember a past event, you are actually remembering the last time when you remembered it.

Most Important Psychological Facts

1. If you wear the same color shirt each and every day, your productivity will increase by 2x as it makes us less self-conscious.

2. To judge the Character of a person, observe their music play list, it tells a lot about them.
3. When you are emotional, your brain loses the capability of rational thinking
4. When a person is crying due to happiness, the first tear will come from the right eye, while if a person cries due to sadness, the first tear will come from the left eye.
5. The thing which people remember the most about you is your Charisma.
6. When it comes to confidence, there is nothing wrong in faking it all.

Psychological Facts That You Must Know

1. Stay calm when someone raises their voice to you.

Learn the art of remaining calm. When a loudmouth acts out it's usually in anger, and our behaviors can sometimes unintentionally provoke that.

2. Write down your thoughts when you feel stressed or anxious.

Write down your thoughts in a journal and then close it up. Believe it or not, you'll be able to focus on your work more easily because you have now shared your thoughts and realised your feelings.

3. Right posture can boost confidence.

If you allow yourself to take up more space, you're more likely to feel more confident. It can drastically improve your marriage life and help you move up the ladder at work.

4. Make people feel needed when you ask for help.

People like to feel needed and they hate feeling guilty. By starting off the conversation with 'I need your help... you're more likely to receive the help you need.

5. Look into someone's eyes when you get a dissatisfactory answer.

This will make the person feel under pressure or cornered, and this will force them to further elaborate their thoughts. Instead of repeating the question or asking another, look into the eyes of the person.

What Psychological Facts To Keep Private?

1. **The less you share, the less likely people will be in your business.**

The more you share about the intricacies of your life, the more people will try to butt in. And you just can't have that.

Don't let people have opinions about stuff that doesn't concern them.

Don't let friends of friends judge your decisions based on a social media post.

2. **It's easier to deal with your drama when no one is privy to it.**

Haven't you ever been sorry for sharing details about your feud with a former best friend? It always comes back to bite you in the ass.

Going through drama is exhausting enough, but when you have an active audience... God have mercy!

The fewer people who know about your life, the better.

3. **You'll slowly stop caring about others opinions of you.**

Honestly, it's so therapeutic! People will always have something to say, but when you stop caring, it's a whole new world.

The less material you give them, the better it will feel. And soon, you'll see how precious your quiet, private life really is.

4. **Not to mention that your safety will be less compromised.**

A private life is a happy life, but also, a safe life!

The less you share about your day online, the safer you'll be.

We all know how easy it is to track someone's location. It's actually kind of scary.

So I strongly encourage privacy. Safety comes first.

5. **It allows you to focus on the most important relationship in your life — the one with yourself.**

When you stop being dependent on others' comments and likes on social media, you'll realise how beneficial it is to your mental health.

It'll center you, help you focus on things that contribute to your wellbeing, and nurture personal relationships that actually matter.

6. **It helps you connect with people on a deeper level.**

It's so important to surround yourself with good people. And the less likely you are to blast your intimate details on social media, the more of a people magnet you'll become!

People are more likely to open up to someone who keeps it on the down — low. They know that their secrets are safe with you.

It builds trust, loyalty, and genuine connection.

Undefined Rules For A Strong Person

1. Always pay attention to whom you are talking, even if you are bored or tired.

2. Never attempt to prove your point by put-down, raising your voice, or any other rude behavior
3. Never talk about your business or yourself unless you are asked. If you are, be quick to turn the conversation back to them.
4. It is better to strive to be a good listener than a great speaker.
5. Never believe flattery. To do so, you admit to self-conceit.
6. Have strong beliefs, but never try to force them on anyone. It would be better to be thought a poor politician rather than be questioned if you are a gentleman
7. Never compare one person to another-especially your friends.
8. Never correct another's speech.
9. Never use scientific or technical terms around those who may not understand.
10. Never repeat a secret.
11. Don't try to impress people with talk of the places you've been.

How to Know If Someone Is Mature Or Not?

1. When we travel on a crowded bus without any excuse for hours.

2. When we stop engaging in small talk and silently leave the place.

3. When we start thinking more about the happiness of our parents than ourselves.

4. When we choose not to share our personal life with anyone.

5 When you go everywhere wearing a lower and shirt. (It's my perspective)

6. When you cry thinking about your past and focus your future.

7. When you don't eagerly wait for someone's messages.

8. When you become quiet and reserved, speaking less than usual.

9. When you respect everyone's perspective.

10. When you prioritize quality over quantity.

What Kind Of People Will Not Succeed In Life?

1. Constantly being active on social media, especially among teenagers, will not succeed in life (So focus on your carrier).

2. Those who consistently engage in gossip, blaming others for their circumstances and indulging in baseless

discussions, akin to neighborhood gossipmongers, are unlikely to succeed.

3. People who never admit their mistakes and always display an arrogant attitude are not likely to achieve success.

4. Individuals who harbor jealousy towards others and engage in malicious competition are also unlikely to succeed.

5. Individuals who cannot make small sacrifices for greater achievements are unlikely to succeed.

6. Those whose focus is always on girls are not likely to achieve success.

7. People who lack a clear vision for their own lives are unlikely to succeed.

8. Those who consistently procrastinate are less likely to achieve their goals.

9. Individuals who stay up until 2 am at night and wake up at 11 am in the morning are less likely to succeed.

10. Those who consistently make excuses for every situation are unlikely to succeed.

Lesson You Learned That No One Teaches

1. You are closer to death the more you know.

2. There are a lot of farewells involved with choosing peace.
3. Ego is fed when someone wants you
4. Soul is fed when someone values you
5. Occasionally, you have to pretend to be an idiot in order to trick the idiot who believes they are tricking you.
6. The thing that people remember the most about you is your charisma.
7. People occasionally go on journeys that we do not join.

Truth!That Made You Stronger

1. Learn to say "No" without having to give too much explanation. It's their problem if your boundaries offend someone.
2. Put your peace first. When you sense that you are being tested or pushed, practice remaining composed. Remorse only results from exaggerating.
3. Develop the habit of not judging others based on their past. Permit someone who puts a lot of effort into becoming a better person to manifest as that person.
4. The thing that people remember the most about you, are your charisma.
5. Real enough to mean it and mature enough to wish the best for those you've known for a longer period of time.

6. Accepting a joke is OK. Fake disdain that is passed off as a joke, however, is unacceptable. Something is different.
7. Our greatest benefits occasionally come from our largest setbacks. Recognize your role in people's lives so that you don't overshadow it.

What Type Of People Are Hard To Manipulate?

1. **Independent thinkers** who make decisions based on their **own values**.
2. Those who trust their instincts and intuition over external **influence**.
3. People with **strong self-awareness** who understand their own motivations.
4. Individuals who prioritize **authenticity** and are true to themselves.
5. Those who have a clear **sense of boundaries** and won't easily compromise them.
6. Empowered individuals who are **confident** in their abilities.
7. People who are well-informed and **critical thinkers**.
8. Individuals with a strong support network of **trusted friends** and family.
9. Those who value open communication and are not easily swayed by **manipulation tactics**.

10. People with a **healthy level of skepticism** and a **willingness** to question information.

Are people born with a personality disorder (narcissistic, borderline, etc.) Or are they created?

1. People are usually **not born with personality disorders**; it's a mix of genes and experiences.
2. **Genetics** can make someone more vulnerable, but it needs specific life events to develop.
3. Early **childhood** experiences, like trauma or neglect, play a big **role** in personality disorders.
4. Some traits may be **genetic**, but how they develop depends on the **environment**.
5. Parental **influence** and family dynamics can significantly impact **personality development**.
6. Certain personality **disorders** may be linked to brain structure and function.
7. **Social** and cultural factors contribute to shaping personality and behavior.
8. Life stressors and challenging **situations** can **trigger** the onset of a personality disorder.
9. A **combination of nature** (genes) and nurture (environment) shapes personality traits.
10. While **genetics can set the stage**, it's life experiences that often bring out or worsen a personality disorder.

Things That Are Too Expensive To Learn At Young Age

1. School is a scam and school is an opportunity, depending on how you perceive and embrace it.
2. The earlier you start, the more leverage you have to fail and learn early.
3. If you don't eat your food like it's medicine, you will grow up to eat your medicine like it's food.
4. The relationships you build today are a part of what your children will refer to as connection.
5. If you don't put in work when you still have the energy, you will do it out of choice when you're weak.
6. Gambling, alcohol, sex and smoking can easily enslave you for life (addiction).
7. If you don't evolve now, the world will leave you behind.
8. Loving blindly rather than genuinely is one of the quickest ways to suffering.
9. It's easier to get lost on social media so, ensure you have a happy life outside of the buzz.
10. Nobody is coming to save you.

Who did you learn the most from?

1. Teaching is a learning experience.

Every time I teach a lesson, I learn the material in new and deeper way. I also always learn so much from my students. I learn from their own life experiences. I learn from their insights and reactions. They see aspects all the time in the sources we use that I wouldn't have seen otherwise – and these are awesome teaching moments. I also learn about pop culture – new music, new styles, and slang – from my students. My students have taught me that everyone always has some kind of significant ongoing challenge in their life, be it directly or indirectly with a friend/family member, in terms of health, work, money, or something else. These challenges provide the window through which they see the world and greatly impact success and opportunities.

What can I learn from you?

1. Never take criticism from someone you wouldn't ask for advice.
2. To be old and wise, you need to first be young and stupid.
3. Do not take life too seriously. You never get out of it alive.
4. The hardest work anyone does in life is to appear normal.
5. You can't use logical arguments to change the minds of those who don't value logic.
6. Don't let someone convince you that their gas lighting or criticism is just "joking around".

7. Every dollar you spend is a vote for the kind of world you want to live in.
8. Do not regret grow older. It is a privilege denied to many.
9. You can't reach what's in front of you until you let go of what's behind you.
10. Why fit in when you were born to stand out?

Some Mind-Blowing Psychological Facts

- Men with more masculine faces and employment in the financial or political sectors tend to lie and deceive more in romantic relationships, compared to their peers.
- Men only have the patience of 6 minutes in a day for listening to their female partners.
- When nervous or feeling discomfort, men touch their faces. Women, on the other hand, touch their neck or hair or fiddle with their clothing and jewelry.
- Men in particular can have a tendency to feel worse about themselves or their relationship when their partner has a higher level of success.
- Men and women display different behavior in depression. When depressed, women are more likely to feel guilty, sleep more, over eat, gain weight, and neglect their appearances. On the other hand, men tend to adopt escapist

behavior and substance use to cope with depressive symptoms.

- Men who cheat on their partners have lower IQ's.
- The brain structures that control violence & aggression are bigger in women than men.
- According to Psychology, men are significantly moodier in relationships than women are.
- The average man lies to his colleagues, boss, or partner 6 times a day. While women only do it about 3 times a day.
- Men who express anger are more likely to influence their peers, while the opposite is true for women.

Learn Personality Just By Observing Them

1.Whether they bite their nails

Those who bite their nails — or pull their hair or pick their skin — tend to be perfectionists, unable to fully relax. Scientists call these "body-focused repetitive behaviors" (BFRB).

2. How often they check their phone.

- If someone checks their phone often, it means that they are bored. Yes, it is a strong claim, because most of us are quite addicted to our smart phones regardless of the setting.

- If they're constantly checking their phone or refreshing the news feed, they're probably emotionally unstable and trying to pep their mood.

3. Whether they make eye contact or not

People tend to reduce eye contact when talking about something embarrassing, or when they're having an inner flow of thoughts or emotions. Moreover, it is believed that people who make eye contact with their partners more often are confident and socially dominant.

4. Where do they look when they're drinking out of a cup

According to psychology:

- A person who *looks into the cup* when drinking is most probably someone who introspects a lot. That person is self-aware, idealistic, and focused. On a complete different note
- Someone who *looks over the rim of the cup* when drinking tends to be someone who can get influenced easily. They're more environmentally aware, carefree, extroverted, and trusting.
- Lastly, a person who *closes their eyes* while drinking is in some sort of pain or discomfort and is preoccupied with pleasure and relief.

What is the deep secret of life?

1. Be bold, or be italic, but don't be regular.
2. Don't explain. Your friends do not need it, and your enemies will not believe you.
3. The only thing you'll lose by being real, is something that's fake.
4. Be yourself. So that the people looking for you can find you.
5. When you say 'yes' to others, make sure you are not saying 'no' to yourself.
6. The reason you can't hear yourself is because you're never by yourself.
7. You have two choices, to control your mind or to let your mind control you.
8. Never say No one likes me". Always say "No one is like me".

What is the best life advice you would give?

1. **Be honest at all times.** Lies lead to nothing but trouble. Being known as trustworthy is an excellent trait to maintain and essential to having integrity.
2. **Memorize something every day.** Not only will this leave your brain sharp and your memory functioning, you will also have a huge library of quotes to bust out at any moment. Poetry, sayings and philosophies are your best options.

3. **Learn to be unaffected by the words of others.** Most people get very upset when they are called negative names by others, but there is a simple trick to overcoming this. Here it is: If I went up to you and called you a fire hydrant, would you be upset? Of course not. Obviously you are not a fire hydrant, you are a human being. The same concept applies to when someone calls you something that you know you are not. They are foolish for saying such things, so why would you react with such anger? The only exception is when someone calls you something that is true! In this case, you should thank them for alerting you to a weakness, one that you can now work on changing.
4. **Be the person that makes others feel special.**
5. **Develop an endless curiosity about this world.** Become an explorer and view the world as your jungle. Stop and observe all of the little things as completely unique events. Try new things. Get out of your comfort zone and try to experience as many different environments and sensations as possible. This world has so much to offer, so why not take advantage of it?
6. **Get fit!** It's ridiculous to think that we have one body, one sole means of functioning, and people are too lazy to take care of themselves. Fit bodies lead to better health, confidence and more success endeavors. I'd say those are 3 very good reasons to get in shape.

7. **Drink water.** Hydration is tremendously important for overall health. Soda has absolutely ZERO nutritional content; it's like pouring a punch of sugar and syrup into your cup. Instead, fill it with life-replenishing water. It may taste plain at first if you're coming off of a heavy soda-drinking streak, but you'll soon find yourself addicted to it. 10 glasses per day is optimal, how many have you been getting lately?
8. **Read books** Knowledge is power
9. **Be mysterious.** Don't let off everything about you and definitely leave out some major details. There is something both alluring and mesmerizing about someone who no one knows fully about. I'm not saying to confide in no one or to alienate yourself. Just think James Bond.
10. **Choose your friends wisely.** You are affected far more than you think by the people you spend your time with. Do your friends share your values? Do they encourage you when you speak of your goals and dreams or do they scoff? Make sure the people around you are conducive to the lifestyle you want to lead or you will find yourself being dragged again and again into behavior that distances you from your desires. Friends with a habit of producing negative thoughts will especially hinder you. This can be a hard task to follow through with if you realize you good friend is one of these saboteurs, but you must be firm! Don't let

anyone get in the way of you being all that you can be.

11. **Don't take life so seriously.** Learn to laugh at the little things and this whole "existence" thing will be a whole lot easier. Be amused by your mistakes and failures and be thankful that you learned your lesson and won't mess up like that again. And most importantly do things that you enjoy! Life is not strictly business, it can be mixed with pleasure.
12. **Love is all there is**. If you truly want to be a master of life, let love be in your every action. Love your friends, family and enemies alike. This is the most difficult thing to do out of this entire list, which is why it is listed at #12. But if you accomplish this, you will be seen as a leader among everyone that allows hate, envy, disgust and all other negative emotions into their lives. Think Gandhi. Love is so rare in this world when compared to the massive presence of hate that by exuding love, you will immediately see yourself and the people around you change. Love. Love. Love.

How can I increase my self-confidence?

1. Do something unexpected on purpose to let go of your inhibitions.
2. Speak slowly and distinctly.
3. At the end of the day, write down five things you are grateful for.
4. Be nice to others.

5. Seek out uncomfortable situations to help you grow.
6. Achieve small, easy-to-attain goals to help you feel successful.
7. Try a new path.
8. Each day, create one small task to stretch beyond your comfort zone.
9. Create a good self-image
10. Study your expertise daily
11. Do something you enjoy
12. Be positive
13. Change one small habit daily
14. Declutter your living and work space.
15. Walk tall, smile, and look others in the eyes.
16. Exercise regularly

What are the most productive habits?

The top 5 daily habits are-

START THE NIGHT BEFORE

- Create an Evening Routine
- Plan for tomorrow
- Rest and Unwind
- Make Sleep a Priority

GET A MORNING ROUTINE

- Put Yourself First
- Practice Self-care before checking your phone
- Review today's Big Goal

EAT!

- Do Not Skip Meals
- Eat a Healthy Breakfast Snack on Super-foods throughout the day
- Keep a Protein Shake handy

SET A TIMER

- Use the Pomodoro Technique
- Select one Task
- Set Timer for 25 Minutes
- Ignore Distractions
- Take a well Deserved Break!

USE PRODUCTIVITY TOOLS

- Check Throughout the Day-
- Your Calendar
- Your Planner
- Your Trello board

Pomodoro Technique

The Pomodoro Technique is a time management method developed by Francesco Cirillo in the late 1980s. It is named after the Italian word for "tomato" (pomodoro) because Cirillo initially used a tomato-shaped kitchen timer to track his work intervals. The technique is designed to improve productivity and focus by breaking work into short, timed intervals, known as "pomodoros," separated by brief breaks.

Here's a basic outline of how the Pomodoro Technique works:

1. Choose a Task: Select a task that you want to work on.

2. Set the Timer: Set a timer for a fixed period, typically 25 minutes, which is one Pomodoro. This time is called a "work interval."

3. Work on the Task: Focus on the chosen task until the timer rings, signaling the end of the work interval.

4. Take a Short Break: Take a short break, around 5 minutes, to relax and recharge.

5. Repeat: Repeat the process. After completing four Pomodoros, take a longer break of 15-30 minutes.

The key principles of the Pomodoro Technique include:

- Single-tasking: Focus on one task at a time during each Pomodoro.

- Limited Time: Breaking work into short intervals helps maintain focus and prevent burnout.

- Regular Breaks: Short breaks between Pomodoros help prevent mental fatigue and improve overall productivity.

- Adjustable Duration: While the standard Pomodoro is 25 minutes, you can adjust the duration based on your preferences and the nature of the task.

The Pomodoro Technique can be adapted to suit individual work styles and preferences. Some people find it helpful for managing procrastination, maintaining focus, and increasing overall productivity. However, it might not be suitable for everyone, and individuals may need to experiment to find the most effective time intervals for their work.

Behaviors Of A Confident Person According To Psychology

1. During distribution of properties between two brothers, under confident person would strive to get most & best part of the property while the confident person would want to take care of his parents along with getting an appropriate share. He understands the value of things which can't be bought.
2. Usually they are not tensed, because they know how to get the things done.
3. An under confident person would dominate his partner. He/she will feel insecure when their partner talks to the person of opposite sex. A confident person trusts his/her partner & respects their decisions.

4. An under confident businessman tries to poach his competitors' staff while a confident person makes his product better & makes them competitive.
5. They know there is a solution for every problem.
6. **They don't take anyone's approval and make fast decisions.**
7. **They have nothing to prove anyone, don't fight for that.**
8. An under confident person shall always criticize his own nation while praising other countries.

40 Mind-Blowing psychology facts

1. If we have a plan B, our plan A is less likely to work.
2. Fear can feel good—if we're not really in danger.
3. "Catching" a yawn could help us bond.
4. We care more about a single person than about massive tragedies.
5. Beginnings and ends are easier to remember than middles.
6. It takes five positive things to outweigh a single negative thing.
7. Food tastes better when someone else makes it.
8. We'd rather know something bad is coming than not know what to expect.
9. We always try to return a favor

10. When one rule seems too strict, we want to break more.
11. Our favorite subject is ourselves.
12. There's a reason we want to squeeze cute things.
13. Our brains try to make boring speeches more interesting.
14. Some people enjoy seeing anger in others.
15. We automatically second-guess ourselves when other people disagree.
16. We aren't as good at multitasking as we think we are.
17. We're convinced that the future is bright.
18. We (unintentionally) believe what we want to believe.
19. Our brains want us to be lazy.
20. Being lonely is bad for our health.
21. You're programmed to love the music you listened to in high school the most.
22. Memories are more like pieced-together pictures than accurate snapshots.
23. There's a reason that certain color combinations are hard on your eyes.
24. Putting information in bite-sized pieces helps us remember.
25. You remember things better if you've been tested on them.
26. Too much choice can become paralyzing.
27. When you feel like you're low on something (like money), you obsess over it.
28. We keep believing things, even when we know they're wrong.

29. We look for human faces, even in inanimate objects.
30. We will always, always, always find a problem.
31. We'd rather skew the facts than change our beliefs about people.
32. People rise to our high expectations (and don't rise if we have low ones).
33. Social media is psychologically designed to be addictive.
34. We can convince ourselves a boring task was fun if we weren't rewarded.
35. Power makes people care less about others.
36. To our ancestors, sugar and fat were good things.
37. Our brain doesn't think long-term deadlines are so important.
38. We loosen our morals when an authority tells us to.
39. Money can buy happiness, but only up to a certain point.
40. It's not just how much money we make, it's how we spend it.

Low Self-Esteem Leads To Narcissism

1. Low self-esteem can make a person feel inadequate or inferior to others.
2. Seeking validation at any cost can lead to manipulative behavior, as the person tries to control others' perceptions of them.

3. Seeking constant validation and admiration from others can become a way to compensate for the feelings of inadequacy.
4. Over time, this need for validation can lead to self-centered and grandiose behavior, characteristic of narcissism.
5. Constantly comparing oneself to others can further erode self-esteem and fuel the need for validation.
6. Low self-esteem can lead to a lack of empathy, as the focus becomes solely on one's own needs and desires.
7. To mask feelings of inferiority, a person with low self-esteem may adopt an exaggerated sense of self-importance.
8. Underlying feelings of insecurity can drive the need for constant admiration and attention.
9. A fragile ego, resulting from low self-esteem, can lead to a defensive and reactive approach to criticism or perceived threats to one's self-image.
10. Relying on external validation to feel worthy can perpetuate a cycle of seeking attention and admiration to prop up a fragile sense of self-worth.

Behaviors Of A Confident Person

1. They often direct the conversation to others

They know how to ease the conversation. Even something as simple as, "I like your shoes," or "That's a nice tie," can go a long way to easing the conversation.

2. They dress the part

All aspects of their appearance look good. From their hair, to the shine on their shoes, to the way their breath smells.

3. They don't rush into things.

Confident people know that time is a luxury but don't act hastily. Instead, they will assess the situation and proceed at a pace that ensures a successful outcome.

4. They can laugh at themselves.

Laughing at oneself shows a willingness to be vulnerable and acknowledge one's imperfections. They can diffuse tension, build connections, and find joy by laughing at themselves.

Power of Persuasion - Key to Moving Consciousness

The most powerful and influential people in the world are the persuaders. They have the power to shift people's perception, beliefs and ideas about things. If you want to change the world, you have to change the consciousness of people. The most powerful kind of persuasion is

persuasion that moves people in the direction that they already want to go. It is persuasion to show them the means of getting that which they desire. You can persuade people to do anything if they think it will satisfy them.

In all persuasion, the purpose is to persuade people that they have a certain desire, how they can satisfy that desire, and that it is worth what they give in exchange for that which will satisfy their desire. There are many places that teach persuasion in different ways, but the fundamental principles all come down to the few that represent the all. It is about getting attention and sparking interest and curiosity. Then it is about arousing desire and persuading them to take a certain action to fulfill that desire.

The key thing that all persuasion deals with is to convince others about the value of something. Something only has value according to the value that you give it. Who is to say that a particular product is worth a certain amount of money? The truth is that everything in the universe is free. All the things in life obtain their value from the perception of people. The perception of value can differ from one person to another. You can create any value in anything simply by how you cause others to perceive it.

Effective Ways To Become A Mentally Strong Person

Here are 20 effective ways to become a mentally strong person:

Mindset and Attitude:

1. **Practice gratitude:** Regularly acknowledge and appreciate the good things in your life, even the small ones. This fosters positive thinking and resilience.
2. **Challenge negative thoughts:** Identify and replace negative self-talk with positive affirmations and realistic self-compassion.
3. **Focus on growth:** Embrace challenges and setbacks as opportunities to learn and improve. View mistakes as stepping stones, not failures.
4. **Develop a positive outlook:** Cultivate optimism and hope. Find the good even in difficult situations.
5. **Build self-confidence:** Believe in your abilities and value yourself. Celebrate your successes, big and small.

Resilience and Coping:

1. **Develop healthy coping mechanisms:** Learn healthy ways to deal with stress, anxiety, and difficult emotions. Exercise, mindfulness, and creative pursuits can be helpful.
2. **Practice mindfulness:** Be present in the moment and focus on your breath to manage stress and improve emotional regulation.

3. **Build strong support networks:** Surround yourself with positive and supportive people who uplift you and encourage your growth.
4. **Seek professional help if needed:** Don't hesitate to reach out to a therapist or counselor if you're struggling with mental health challenges.
5. **Develop a sense of humor:** Laughter can be a powerful tool for reducing stress and maintaining perspective.

Habits and Lifestyle:

1. **Prioritize sleep:** Getting enough rest is essential for mental and physical well-being. Aim for 7-8 hours of sleep per night.
2. **Eat a healthy diet:** Nourish your body with nutritious foods to support your brain function and overall health.
3. **Exercise regularly:** Physical activity releases endorphins, which improve mood and reduce stress. Find activities you enjoy and stick with them.
4. **Engage in meaningful activities:** Pursue hobbies and interests that bring you joy and a sense of purpose.
5. **Practice self-care:** Make time for activities that relax and rejuvenate you, like reading, spending time in nature, or taking a warm bath.

Building Skills and Strength:

1. **Set realistic goals:** Break down large goals into smaller, achievable steps to avoid overwhelm and stay motivated.

2. **Develop problem-solving skills:** Learn to identify problems, analyze options, and implement solutions effectively.
3. **Practice decision-making:** Trust your gut instinct and make choices based on your values and priorities.
4. **Learn to say no:** Don't be afraid to decline requests when they don't align with your needs or priorities.
5. **Step outside your comfort zone:** Challenge yourself to try new things and learn new skills. This can boost your confidence and resilience.

Remember, building mental strength is a journey, not a destination. Be patient with yourself, celebrate your progress, and don't be afraid to ask for help when needed. These tips, combined with consistent effort and self-compassion, can help you become a stronger and more resilient version of yourself.

By Age 40 You Should To Realize This

1. Someone makes 10x more than you do in a 9-5 job because they have more "leverage" with their work.

2. Distraction is the greatest killer of success. It stunts and destroys your brain.

3. You shouldn't take advice from people who are not where you want to be in life.

4. No one is coming to save your problems. Your life's 100% your responsibility.

5. You don't need 100 self-help books, all you need is action and self-discipline.

6. Unless you went to college to learn a specific skill (ie. doctor, engineer, lawyer), you can make more money in the next 90 days just learning sales.

7. No one cares about you. So stop being shy, go out, and create your chances.

8. If you find someone smarter than you, work with them, don't compete.

9. Smoking has 0 benefit in your life. This habit will only slow your thinking and lower your focus.

10. Comfort is the worst addiction and a cheap ticket to depression.

11. Don't tell people more than they need to know, respect your privacy.

12. Avoid alcohol at all costs. Nothing worse than losing your senses and acting like a fool.

13. Keep your standards high and don't settle for something because it's available.

14. The family you create is more important than the family you come from.

15. Train yourself to take nothing personally to save yourself from 99.99% of mental problems.

Biggest Lesson You Learned That No One Teaches

1. In the cookie of life, friends are the chocolate chips.

2. Don't trust words, trust vibes.

3. Not everyone is in depression at 2 am. Some are in the kitchen searching for food.

4. Healing is finally giving yourself the love you deserve.

5. Best relationship is where yesterday's fight does not stop today's communication.

6. Three hours feel like ten minutes with the right person. Find them on here.

7. Forever was a word meant for memories, not people.

8. Sometimes the only closure you need is reminding yourself of what you bring to the table.

9. Some of your life's best days haven't happened yet.

Subtle Signs Someone Is Into You

1. They angle their bellybutton towards you. Aligning one's bellybutton with another is a sign of security, trust, and attraction.

2. They talk about being single. If someone "randomly" mentions that they're single, they might be sending out signals of availability, as a sign of attraction.

3. They forget to blink after seeing you. They won't want to blink and miss a second of looking into your eyes.

4. They glance at their phone. Checking the phone has become a way of self-comforting when under extreme anxiety.

5. They are responsive to messages. If someone takes care to reply to your messages promptly, that's a good sign that they're interested in you.

6. They start mirroring you. They begin to mirror the way you talk with your hands, the way you're sitting in your chair, or you energy levels.

7. They play with nearby objects. They might play with their hair, their bracelets, or their nails.

8. They try to change their voice. Men might deepen their voice to appear more dominant in response to sexual attraction, whereas women may make their voice more high-pitched.

9. Their friends try to leave the two of you alone. If you're hanging out in a group and their friends suddenly leave you two together, they may have more information about his crush on you than you do.

Important Life Lesson You've Learned So Far

1. Happiness is not out there, it's in you.

2. The sign of a good vacation is not knowing what day it is.

3. Risking is better than regretting.

4. Some mistakes take us to the right place.

5. You can have unconditional love for someone, and deny them unconditional access to you.

6. Wrong is wrong, even every is doing it.

- Right is right, even if no one is doing it.

7. Problem is, nobody can control the dreams they have.

8. The universe will test you when you're close to a new chapter.

9. You will bloom if you take the time to water yourself.

Ten Truths Everyone Should Accept In Life

1. Life is 10% what happens to you, and 90% how you react to it.

2. An apology without change is manipulation.

3. Sorrow is better than fake happiness, admit it.

4. You are slowly losing memories and you can't know what ones.

5. Abundance of knowledge does not teach people to be wise.

6. Relationships are investments, not hobbies.

7. You're never too old and it's never too late.

8. Seeing someone slowly losing interest in you is probably one of the worse feeling ever.

9. Crazy part about being an over thinker is most times you're right.

What are some of the best life tips?

1.A penny found is worth more than a penny earned.

2.The fuller your phone battery is by the end of the day, the better your day was.

3.You can only buy used mirrors.

4.Love and compassion are necessities, not luxuries.

5.Your music taste changes depending on who's listening with you

6.There is a crack in everything. That's how the light gets in.

7.Life is a journey to be experienced, not a problem to be solved.

What are some lessons that life teaches you?

1. Seek respect, not attention.
2. Maturity comes with experience, not age.
3. 19-24 is the age where you can make your future or destroy it. Everything depends on your hard work.
4. The older you get, the more quiet you become. Life humbles you so deeply as you age. You realize how much nonsense you've wasted time on.
5. Work tip: no matter how "cool" or "friendly" your boss seems, always put boundaries in place & never reveal personal information carelessly.
6. When you pick a life partner, you are choosing who will be the other parent of your children – your future family. That's all your choice - but make the right choice.
7. Ego kills beautiful relationships.
8. My mom once said this to me: "I can tell you over and over to leave the situation, but you won't until you are ready. One day you will wake up and realize that this isn't how you want to feel anymore and then you'll be done."

9. Stay away from the kind of people that make you feel like you're asking for too much, just because they aren't treating you well enough.
10. Don't let anybody else's lack of morals be the reason you compromise yours.
11. Not everything that doesn't go your way is a failure on your part; accept the space between what you want and what you can control.
12. Just because everyone else thinks something is true doesn't make it true. The majority isn't always correct.

Some Things You Realized When You Got Mature

1. The person you care about the most is usually the person who you'll allow to hurt you the most.
2. You don't have to be perfect to be loved.
3. Your life is your responsibility.
4. Remember that the reason you are doing this is to make your life better.
5. Don't give up because you had a bad day, forgive yourself and do better tomorrow.
6. Choosing your partner is also choosing your future. If you agree, tap here to meet them.
7. Don't waste time trying to "find yourself", instead, creating yourself. Purpose doesn't just hit you over the head one day. You need to bring meaning to life based on your strengths.

8. When what you see and what you hear don't match, trust your eyes.
9. Each morning, you are born again, what you do today is what matters most. Make your future self-proud.
10. Stop trying to be liked by everybody, you don't even like everybody.
11. The love and attention you think you need from someone else is the love and attention you first need to give yourself.
12. Get into the habit of asking yourself "Does this support the life I'm trying to create"

Some Things You Would Like To 'Normalize'

1. Saying 'no' to invitations simply because you're not in the mood to socialize. I always feel like I need to make up an excuse whenever I need some time for myself.
2. Talking about how much you get paid at work. We should know if we are getting paid the same as other people with similar jobs and experiences.
3. Not all "very rich" are very different -- in fact, some are quite ordinary in their lifestyle and spending patterns. These wealthy people live in modest homes, wear modest clothing, and tend to save money rather than spend.

4. Talking about mental health and seeking professional help. It's so frustrating that it's still considered a sensitive and taboo subject. A person should be able to go see a therapist or psychologist without people making a big deal out of it.
5. Not explaining your choices to others. People always think you owe them an explanation even when your choices don't involve them whatsoever.
6. Don't Talk to kids except young about serious topics like well-being, LGBTQ+, and diverse communities. Not talking about it stigmatizes them, making the automatic view of them negative. But explain the satanic agenda to youngsters.
7. Sitting and eating with poor and stand with high self-esteem to haughty.

Something You Wish You Had Known Sooner

1. Whatever you do, do it with good intentions.
2. If your values don't align with your boss, quit. Never work with a boss where you have a value-clash. Career growth only happens when you work with leaders you respect.
3. Be careful who you vent to in work. Just because they listen, it doesn't mean that they're your friend or have your best interests at heart.

4. Just because everyone else thinks something is true doesn't make it true. The majority isn't always correct.
5. Being yourself doesn't mean you shouldn't work on improving yourself. Don't use it as an excuse to be a half-assed version of yourself. Aim higher.
6. Don't worry about making everyone like you. It's impossible.
7. Don't bother with things outside of your control. Focus on the things you can control.
8. Don't try to read other people's minds and don't expect others to be able to read yours. Communicate if it is important to you.
9. Finish what you started. We need to procrastinate by starting a new task and masking it as productivity. Remember that finishing it will give you greater joy than half-assign every task.
10. Don't allow the absence of their morals to disrupt the presence of yours.
11. Don't let another person's success remind you of what you're lacking, let it remind you of your goals.
12. Don't get so carried away dreaming of who you forget to love who you are.

Social Skills that Learn From Experiences

1. Always stand up when someone enters a room to greet them. Don't just sit and offer them a handshake Stand up and greet them with respect.
2. Start a random conversation with strangers to boost your social skills. It would help you to talk to anyone and anywhere and this will also help you to feel more confident.
3. Never say "No" for any favor asked, immediately, to anyone. Ask for some time to think, and later on reply negatively.
4. Don't help unless asked. But in case of emergency like a fire taking place instead of calling the fire brigade take a bucket of water and start doing what everyone else was meant to do. You need to stand out from the rest of the crowd so take action if you feel like someone needs help and don't shy away.
5. Be the first one to smile in a metro, in your office, anywhere.
6. If you see a disabled person, ask them for help if they deny then just move away and accept it. I noticed how people of my age group are even shy to help someone in crowd. (personal experience/ first-hand experience)
7. The less you speak, the more curious people get. So, keep your mouth shut if you want to be interesting.

8. Be the first one to initiate a hand shake. And make sure it's firm.
9. Don't interrupt in a conversation. Listen politely.
10. Hold your significant other's hand whenever attending a meet up or a function. It shows the strength of your relationship.

Secrets To Make A Powerful Personality

1. Let go easily. Strong personalities are ones that know how to let negative situations strengthen them, instead of holding them back.
2. Listen a lot. The more you shut and the more you open your ears, the wiser you will get, and the better you will be at understanding others.
3. Smile when they throw you down, you will scare them.
4. Always try on new experiences. Get as far as possible from your bubble of comfortability.
5. Read! Nurture your brain. Powerful personalities do not take knowledge for granted, they want more all the time.

What is the brutal truth about people?

1. The worst battle is between what you know and what you feel.
2. People start hating you when they cannot control you.

3. Never assume that loud is strong and quiet is weak.
4. Feelings are temporary; decisions are permanent.
5. Most people don't actually want the best version of you, they want the version of you that best serves them.
6. It's not how big the house is, it's how happy the home is.
7. Don't trust too much, don't love too much, that 'too much' can hurt you so much.
8. Sometimes you have to stay busy so you don't have time to feel.

What are some mind blowing life hacks?

1. Start every phone call with "My battery is almost dead". That way you can hang up on them at any time.
2. Forward spam texts to 7726. Your carrier will respond and ask you what number it came from.
3. Hit the space bar twice for a full stop, and the next letter will be automatically capitalized too.
4. Instead of crossing words out with lines, cross them out with letters, so they won't be legible.
5. If the person sitting in front of you on a flight reclines their seat all the way back and leaves you with no room, turn on the air con above you to full blast and point it at the top of their head.

6. The best way to charge your phone faster is by switching it to airplane mode before plugging it in.
7. Wet your nail clippers before using them. Your clippings won't fly everywhere.
8. Boost range of your key remote by holding it against your chin.
9. If you'd like to use emojis on your Mac desktop, simply press Control + Command + Spacebar to open the emoji menu.
10. To hit a perfect high-five, lock your eyes onto your recipient's elbow.

Healing by Making Happy and Restoring Wholeness

To heal is to make happy. Think about how many opportunities you have had to gladden yourself, and how many you have refused. This is the same as having refused to heal yourself. The light that belongs to you is the light of joy. Radiance is not associated with sorrow. When you are not being wholly joyous yourself, you are depriving others of the joy of responding wholeheartedly. Hurt people hurt people. Only the healed can heal. The whole secret of healing is to receive joy so that you can emanate it.

To be wholehearted you must be happy. Fear and love cannot coexist, therefore it is impossible to be totally

fearful and remain alive. The only possible whole state is that of love. There is no difference between love and joy. Therefore, the only possible whole state is that of being wholly joyous. To heal or to make joyous is therefore the same as to integrate and to make one. There is no difference between healing yourself and healing others. When you heal yourself, you heal others. Your joy is most important.

True healing is not physical healing but emotional healing. We might seem physically fine but there is always room for us to receive emotional healing. This is not to say that we are emotionally lacking, but that we can always receive more joy and more happiness. At times when we are feeling less joyful are times when we have greater capacity to receive emotional healing. The contrast between a less joyful state and a much more joyful state may feel immense indeed, that we can feel such extreme joy.

Impressive Things Comes Under Maturity

1. You don't have an opinion on everything because you don't know everything.
2. Seek self-approval, not approval from others.
3. You are responsible for your own happiness, not others or things you own.
4. Actions speak louder than words, so pay attention to what people do.

5. Life is better when people don't know everything about you.
6. You choose your battles wisely to conserve your energy.
7. It's okay if not everyone likes you. It's better to have a few close connections.
8. Most people are not bad; they're just scared or anxious.
9. Learn from the past, plan for the future, and live in the present.
10. You're not responsible for meeting others' expectations.
11. Improve your communication skills because people can't read your mind.
12. Most people want acceptance rather than change because change is uncomfortable.
13. Not everything deserves your attention, so choose your reactions wisely.
14. The world reflects your own emotions back at you.

Hacks to Stop the Drama in Your Life

1. Do your best not to judge other people, for you do not know their pain or sorrows. If you cannot speak a kind word, say nothing at all.
2. Work hard in silence, do what you have to do, and ignore the drama and negativity surrounding you. Let your success be your noise.

3. Most people make themselves unhappy simply by finding it impossible to accept life just as it is presenting itself right now. Be mindful.
4. When you are no longer able to change a situation, you are challenged to change yourself. And that changes everything.
5. Don't bother worrying about whether there will be problems. There will be plenty of them, and you'll work your way through every one of them.
6. Worrying is a misuse of your incredible creative energy. Instead of imagining the worst, imagine the best and how you can bring it about.
7. When you focus your heart and mind upon a purpose, and commit yourself to fulfill that purpose through small daily steps, positive energy floods into your life.
8. It's OK to make mistakes. That's how you get wiser. Give yourself a break, and don't give up or give in to negativity! Good things take time, and you're getting there.
9. Remember, letting go of drama isn't about having the ability to forget the past; it's about having the wisdom and strength to embrace the present.

The Easiest Psychological Tricks

Here are 7 easiest psychological tricks you can do on someone, and I think numbers 4 and 5 are worth a try:

1. If you have a friend who doesn't want to share something with you, ask them a question and pretend you're hiding something, just keep eye contact and don't say anything. Silence combined with eye contact will make them feel uncomfortable and then they will be able to say what they are hiding.

2. If you want to give someone a sense of power without giving the Power: Whenever you are talking to someone, and if you feel that they are not paying attention to you, stop and ask their permission to continue the conversation. You will receive their full attention because now listening to you is their own choice (they feel important and powerful).

3. If you want to know if you were being watched or not, try this simple psychology trick: Yawn.

Make sure they can see you when you yawn. After yawning, turn around and look at them. If they are yawning now, you know they were looking at you.

This is a great hack for anyone who wants to find out if someone is showing an interest in them, like a crush or something.

4. If you want to correct someone without correcting: You can call someone's attention to their

mistake without accusing them simply by changing your sentence. Instead of saying, "You didn't close the window before you left," you can say, "The window was left open all night."

5. If you want to ask a friend for a big favor, ask a small one first. Alternatively, if you want to ask for $50, ask for $200. The person is inclined to reject the large amount and give you the small amount that you really wanted.

6. If you are often in crowded places, and want to make your way: Just look in the direction you want to go.

Do not look at the people around you, the environment, your phone or your friends. Just watch where you're going, and people will make an effort to get out of your way.

7. If you are in a group meeting or gathering, and you think someone may become aggressive towards you, sit next to them. It makes things harder and more uncomfortable to show anger.

Something Good You Don't Know

- Don't think too much especially if it doesn't matter for you.
- Looks matter but your good heart also because after your death, your behavior and work

matters not your looks. Your soul should be pure that's matters the most.

- Be kind to everyone not just because they deserve but it shows your rituals.
- Don't behave rudely to those who's only intention is to see you happy.
- Just do help of someone but don't show off because your intentions should be good only, it doesn't matter if you are rich or poor.
- Your family should be your first priority because they are the only persons who came you in the world. Without them, you are nothing. Respect your parents.
- Don't take anything seriously. Sometimes you don't know about others intentions from their inside that's why. So please just enjoy at the moment and be happy.

Important Thing You Have Learned In Life

- Nobody cares about you except some genuine people and especially your parents.
- Everything matters like money, looks, marks etc but they have their own values but at specific moment.
- Always ready for facing failures in your life because you don't know when you'll be fail but remember the experience and never give up.

- Forgive is necessary because this can stuck you in past. So forgive everyone and believe in karma.
- Never judge too quickly because you don't know who's snake from inside or who's genuine from outside.
- Don't always available for someone but become valuable.
- It's human nature,they do care about only at that moment when they lost the genuine people. Exceptions are everywhere.
- Never too attach, never too far but be in middle,not for all but for some.
- Don't be so rude,be kind to everyone and show smile to someone especially for those who's jealous from your happiness.
- Don't care about everything opinions. You are unique and you have also talents. Just believe in yourself.

Some Ways To Learn New Things

Learning new things can be an exciting and enriching experience, and there are numerous ways to engage in learning activities.

Here are some effective methods to learn new things:

1. **Read Books**: Reading books on topics of interest is a classic way to acquire new knowledge. Whether it's non-fiction books,

textbooks, or literature, books provide in-depth insights and information on various subjects.

2. **Take Courses**: Enroll in courses, either online or in-person, to learn from experts in a structured environment. Many platforms offer a wide range of courses on diverse topics, including Coursera, edX, Udemy, and Khan Academy.
3. **Attend Workshops and Seminars**: Participate in workshops, seminars, or conferences related to your interests or professional development. These events often provide opportunities for hands-on learning, networking, and interaction with experts.
4. **Watch Educational Videos**: Platforms like YouTube, TED Talks, and educational websites offer a plethora of educational videos on virtually any topic imaginable. You can learn from tutorials, lectures, documentaries, and more at your own pace.
5. **Listen to Podcasts**: Podcasts are a convenient way to learn on the go. There are podcasts available on a wide range of subjects, including science, history, technology, self-improvement, and storytelling.
6. **Engage in Online Forums and Communities**: Join online forums, discussion groups, or social media communities related to your interests. Engaging in discussions, asking questions, and sharing ideas with like-minded individuals can be a valuable learning experience.
7. **Practice Hands-On Learning**: Learning by doing is often the most effective way to acquire

new skills. Whether it's cooking, gardening, woodworking, or playing a musical instrument, hands-on activities allow for practical application and skill development.

8. **Teach Others**: Teaching someone else what you've learned is an excellent way to solidify your understanding and retention of new information. You can mentor others, lead study groups, or create educational content to share your knowledge with a wider audience.
9. **Explore New Hobbies**: Trying out new hobbies or interests can lead to unexpected learning opportunities. Whether it's painting, coding, dancing, or learning a new language, exploring diverse activities can broaden your horizons and stimulate your mind.
10. **Stay Curious and Open-Minded**: Cultivate a mindset of curiosity and lifelong learning. Be open to exploring new ideas, perspectives, and experiences, and embrace the process of continuous growth and self-improvement.

By incorporating a combination of these methods into your routine, you can create a dynamic and engaging learning environment that fosters personal and intellectual development.

Some Things You Wish Had Known In Your Mid To Late Twenties

1. you are on your own. stop pleasing people
2. marriage is not all about physical appearance

3. most of your mates and friends don't know more than you to be giving you advice listing to you mama
4. drinking and clubbing is a no
5. in the business world, it is all about the survival of the fittest
6. it is 10X harder to survive in Africa than in the developed world. so read your book not theirs.
7. fear will make you to remain in a place for a longer time
8. fashion doesn't last. don't spend too much on it.
9. acquiring multiple skills is not a waste of time
10. there is nothing like best friend, maybe good friend. The only true love is from your mama
11. many friends is as a result of many money
12. don't be in a competition with anyone
13. don't systematically beg to keep a relationship or to be friend.
14. don't ever marry a woman that you are dragging with another guy.
15. don't be too quick to take certain decision. analyse very well if not it will come back to halt you
16. loyalty is all about personal interest
17. acquiring landed property in Nigeria is far better than buying shares. where is my Bank PHB, SkyBANK etc shares
18. owning a car is not a priority. remember number 6 and go for 17
19. you will live above some and some will live above you. remember 12

20. these are just personal things I wishes I know at that age in life that would have shape my life better than I am today. but in all I am able to correct the ones that are still correctable. upvote if you think it guide and pls don't forget to add yours.

Things To Improve Life And Have A Better Future

1. Set your life goals today and start working on them right now.

2. Focus your attention on what you have and be grateful for it.

3. Maintain good habits. Control your life before it starts controlling you.

4. Don't spend your energy trying to control others. note to self.

5. Force your subconscious mind to work. Plan your tomorrow today.

6. Leave the attitude. Stop turning away the people you might like.

7. Accept that whatever you feel may be right at all times.

8. Let go of negative thoughts. Talk to your loved ones and stay calm.

9. Never compromise on your personal values, always try to be your best.

10. Do not reflect on your inner thoughts and feelings. Listen to your mind and heart.

Healthy Habits That Make Sure To Include Every Day/Week

1. Drink amla juice every morning on an empty stomach.

2. Running for at least 20 minutes a day.

3. Workout for at least 20 minutes daily.

4. Waking up early in the morning. Try to wake up at 5 am.

5. Eating when hungry and not being hungry.

6. Limiting Processed Foods.

7. Limiting outside food. Peacock Ghar Ka Khana.

8. Oiling your hair twice a week.

9. Apply ghee on the soles and palms before sleeping at night.

10. Keep your head covered while sleeping at night, so that there is a lot of cotton cloth on the head. It is great for sound sleep. Something like this.

11. Being active throughout the day.

12. Eating dry fruits every single day.

13. Drinking enough water throughout the day.

14. Eating seasonal fruits and foods.

15. Cleansing the face once every 15 days.

16. Applying a face mask once a week.

17. Clean your nails every week.

18. Apply moisturizer 2 times a day.

19. Taking an afternoon nap.

20. Keep your home, bedroom, and office desk clean.

Deepest State Of Mind That Reached Through Meditation

1. Your whole life will change.

2. Birds and animals have a sense of silence, if you are surrounded by them, then understand that your attention is getting deeper.

3. People feel their head heavy after waking up, you will feel more light.

4. You will walk with awareness.

5. You will feel a lot of lightness when you open your eyes.

6. You will feel the peace that you have just read in books. You just heard from people and you experienced the same thing today.

7. Once you get a glimpse, then the same experience will be repeated and you feel connected to the universe.

8. You become spiritual. You will dispel the myths that you lived within. You clear the doubts that were a hindrance.

Important Life Hacks In Your Twenties

1. Never make plans for tomorrow, but do everything possible to make today better.

2. Don't make any problem so serious that your life revolves around that problem.

3. Look at life as a game and enjoy it, just like a small child enjoys.

4. Hear something good every day, see good and do good, this will give you a good change in your life.

5. Never let your hobbies be but give them a shape.

6. Accepting any situation is the only way out of it. So accept whatever it is and make it better.

7. Always do your work honestly, work will also be honest with you.

How can I become rich?

- Spend so much time in your own progress, don't waste time criticizing someone else.
- To be worthy of praise, one has to be aware of a problem.
- Time does not have enough time to give you time again.
- The pain which you are suffering today, going on today will become your strength.
- Let those who do evil to you, because evil is done by those who cannot match.

Be Able To Harness The Full Power Of The Mind

1. When you start following celibacy, a lot of big changes take place in you, this science has proved it. You suddenly start looking very attracted, the strength of your body increases a lot, and the biggest effect is seen in the power of your mind.

2. Put only good things in your mind:- A person's mind is determined by whatever it sees and hears. If only you start doing this then your life will start changing completely. Inside you will easily start facing all kinds of problems.

3. Belief Whatever you believe in today or tomorrow, you become what you believe in, just think carefully because faith is the biggest power, faith can change your physical appearance. Can completely change your brain.

4. Sleep by writing down your thoughts before going to sleep at night. Because our thoughts are never resolved in the brain but when you start writing your thoughts on a paper then all your thoughts get resolved and a settled mind is always there. What kind of situation can you face?

5. If you have to increase the power of your mind very much, then you have to keep some people around you who want to move forward in their life, people who are of amazing thinking.

Biggest Life Lesson You Have Ever Learned

- It’s not your boss’s fault that you are poor.
- No one is stronger than time, learn to use time wisely.

- Never regret not having anything in life, work hard to achieve that thing.
- You can fulfill your needs by working for others, not becoming rich.
- Saving money is as important as salt in vegetables. You must have come to know this in Kovid 19.
- Do not take loans from anyone and do not give loans to anyone. Debt spoils both friendship and kinship.

Painful Experience That Taught The Biggest Lesson In Life

1. No one is happy with your success except your family.

2. **Love is a myth**. No one is your friend without a reason.

3. The only ones who love you without any expectations are your parents.

4. Everyone has a role in your life and when their role is over, they will leave you. So be prepared and strong for it.

5. Money has a strong place in everyone's life, but unfortunately, it can't buy you everything.

6. Laugh with everyone, but **don't trust anyone just don’t, except your parents**.

7. People say tell the truth but in reality, no one wants to listen.

8. Nobody gives a crap about what you think or do, it's just your point of view that they think of you.

9. **Hope always hurts**. So expect little or no from others.

10. Never sacrifice your happiness for someone else.

11. The fewer people you chill with, the less crap you'll do.

12. Living a simple life gives you more time for important things.

13. The sooner you learn to be alone, the sooner you understand the meaning of life. You are your best friend.

14. Never ever tell your secret to anyone, keep it up to you.

Thinking Of People 25 Years Ago Today

- People loved to read books. Nowadays, people like to update Instagram and read their WhatsApp messages.
- Rich people used to pretend to be poor, now the poor are pretending to be rich.

- Marriage was easy but divorce was difficult. Nowadays it is difficult to get married but divorce is very easy.
- The same person used to work for the maintenance of his entire family, now even parents together cannot fulfill the wish of a child.
- Neighbors used to be a part of the family, today we are strangers to our neighbors
- Children used to respect their parents and their decisions, now parents, have to respect their children's decisions.
- Everyone wanted to have children. Many people today are afraid of having children.

Uncommon Ways To Sharpen Your Mind

1. With the help of a healthy diet, you can stay away from any disease. Along with this, you can also keep your mind active. Because whatever you eat plays a vital role in building your mind sharp.

2. Exercise enhances both physical and mental health. Let us tell you that if your body is fit then the mind will also work properly.

3. To keep the mind sharp and active, first of all, make a schedule of what you are going to do during the day, this will bring discipline to you and due to discipline, your

mind will not wander here and there and the mind at one place will be able to work properly.

4. Yoga is also a very good way to sharpen the mind, if you sit and meditate in one place even for 10 to 15 minutes a day, then your mind becomes completely calm for the whole day.

5. You must learn new things and do new things to make your mind sharp, the most important thing because you must have heard a line that the mind does not get faster by eating almonds, it is caused by stumbling.

So learn new work as much as possible, do new work, you will fail many times but you will get a lot to learn.

Secrets Should Keep Away From Everybody

- Don’t share your plans with anyone.
- Never talk about your act of kindness.
- Don’t talk about the 3rd person.
- Don’t talk about your past relationship.
- Never talk about how heroic you are.
- Don't talk about the intimate details of your lifestyle.
- Don’t talk about your weaknesses.
- Never talk about your family problems.
- Don't bring up the unpleasant things you've heard.

- Don’t talk about your financial status.

How to know if someone is matured?

- **They are comfortable alone** : They are enjoyable alone and do not always need friends or people around them.
- **They accept differences** : They accept that everyone is different and they will have different opinions. They do not necessarily have to be the same as everyone else's way of thinking and acting.
- **Emotional Dependence** : They are not financially or emotionally dependent on their parents. They decide their own life.
- **They Treat Others Well**: They don't need to demean or make fun of others because their self-esteem is not gained that way. They already believe in themselves.
- **They Take Responsibility** : They do not blame others for their failures and instead of complaining they take the responsibility for rectifying the situation.
- **They listen rather than speak** : They have two ears, and one mouth, and they use them in the same proportion.
- **Honesty** : They do not try to fool or manipulate others in order to be successful. They openly express their wishes and accept the disagreements of others.

- **They have mature conversations** : They enjoy tackling deep and relevant topics of life and nature with wonder and curiosity.
- **They are not picky** : They do not cling to people and are not afraid to leave if someone is not suitable for them.
- **They are not impulsive** : They do not waste money, like a fancy car, a new iPhone etc. They know where true happiness is.

How should one build an attractive personality?

- Improve the way you dress because the first thing people see is your face, not your heart.
- Read more because in today's knowledge era if you do not have knowledge then you are behind.
- Talk to people calmly and improve your way of talking.
- Praise people as much as you can.
- Ask people only about themselves because what a person likes the most is himself.
- Talk more about the topic about which you have good knowledge.
- Always use positive words and give only positivity to the person in front.
- If you know the person in front very well, then you can also give gifts when you meet them.
- Try to appreciate the effort of someone who is doing well.

One Piece Of Advice Would Give To Anyone

- If people aren’t listening to you stop talking to them. If you stop talking to people who aren’t listening to you and start watching them instead. They will tell you what they are up to.
- You'll never be criticized by someone who is doing more than you. You'll always be criticized by someone doing less. Remember that.
- If shoes and people are hurting. That means they are not your size.
- If you don't want anyone to know about your actions, don't do them.
- Invest in yourself, get very good interest.
- Anger is temporary, but words out of the mouth can leave a lasting impression. So control your anger so that bad words don't come out of your mouth.
- Solve the problem, or leave it at that. Don't spend life with the problem.
- If you don't have big dreams and goals of your own, then you have to work on fulfilling someone else's big dreams and goals.
- Sometimes, you have to stop paying attention to him to grab a person's attention.
- Stop wasting your time on people who are dedicated to misunderstanding you.

- When you stop paying attention to the actions of others, life becomes more manageable.
- Once you feel that someone is trying to stay away from you, never go near that person again.
- People who talk behind your back, there is some special reason why they don't dare to speak in front of you. Leave them behind.
- The less you respond to rude, critical, controversial people, the more peaceful your life will be.
- Do not argue with a person who believes in his own lies.
- When people don't get the things they want, you get to know a lot about them.

What things should never do?

1 : Stop expecting from others. Expectations only lead to disappointment.

2 : Never force anyone to love.

3 : Never pull down anyone out of envy.

4 : Don't say anything that makes people dislike you.

5 : Do not believe the things which you have not seen yourself.

6 : Never feel ashamed to admit your mistake.

7 : Never take all your friends home. Be selective. Don't trust everyone blindly.

8 : Never share your personal life with everyone.

9 : Never underestimate yourself. If you want to, you definitely can.

10 : Never compare your life or your people with others. The fingers of the same hand are not the same so we cannot expect anyone to be the same.

11 : Never get addicted to anything so seriously. It can be a thing or a person or a habit.

12 : Never tell any secret in front of the child. They are charming and can bring you embarrassment in public.

How merciless can life be for one person?

- If you are single, you want a relationship.
- If you're in a relationship, you want some space and freedom.
- If you're not popular, you want fame.
- If you're popular, you want privacy.
- If you are poor you need money.
- If you are rich then you realize that there is still a lack of happiness in your life. You just want to live a simple life.

- If you are intelligent then life becomes stressful because you are unable to ignore anything.
- If you are clumsy, you make mistakes because of your ignorant behavior.
- If you are not a powerful person, you feel that people are dominating you.
- If you are a powerful person, you realize that you have to handle all the responsibilities. And it's hard to identify who really loves you and who is pretending.

Life is not easy, it is not, it never was, it isn't now and it won't ever be. Every solution brings a new problem. Light exists because of darkness and this is the harsh truth of life. Acceptance is the only solution.

Social Struggle: The Effective Resource of Success and Victory

In the modern era, individualism is often presented as a beacon of personal freedom and expression in contrast to social objectives. However, hidden within this dichotomy lies a poisonous element that threatens social movements and political progress: solitary living, where individuals seek refuge in their personal circles, detached from social struggles, leading to weakened political movements. The potency of social action and the importance of teamwork form the foundation of real social change.

Moderate views promote individualism, fostering creativity, intensity, and personal development. However,

when taken to extremes, it leads to toxic and harmful solitude, distancing individuals from broader societal challenges. Many self-made individuals seek refuge in isolation from the harsh realities of the world, breeding apathy as they become disconnected from the struggles of their fellow beings. Solitude fosters insensitivity, while individuals cannot remain indifferent to the struggles of their companions. Individualism promotes a competitive atmosphere, glorifying self-interest, where success is measured solely by personal achievement, disregarding solidarity and promoting self-centeredness. This mindset not only weakens community bonds but also undermines the foundation of social movements, dismissing the notion of collective struggle. Such a perspective weakens community ties and compromises the essence of social movements, which can only succeed through unity and common goals.

In contrast, collective struggles and teamwork are integral to any successful social or political movement. History is filled with examples of ordinary people coming together to challenge oppressive systems and effect meaningful change. From civil rights movements to the fight for religious, political, and economic rights, progress has always been driven by the collective efforts of determined individuals united in a common cause.

The most notable historical examples of the power of social struggle are the movements of the prophets (peace be upon them), the movement of the Prophet Muhammad (peace be upon him and his family), the

movement of Karbala, and contemporary movements like the global anti-imperialist Islamic movement led by Imam Khomeini, and labor movements in the West. Through strikes, protests, and joint endeavors, they have confronted powerful forces and achieved victories that have improved the lives of millions. Political movements worldwide have utilized the power of collective action to challenge authoritarian regimes, advance democratic ideals, and promote social justice. Whether it's the Islamic Revolution in Iran, the Arab Spring uprisings, Black Lives Matter movement, or the social resistance of Palestinians and the Houthis in Yemen, these movements have proven that rights cannot be obtained without collective cooperation.

Even the establishment of the Imamate system underscores the importance of social acceptance and the need for mutual cooperation against tyranny and falsehood. Thus, we focus on social issues and solutions that foster cooperation and collaboration, thwarting the power of oppression through social movements.

One aspect is that if society is not ready for social struggle, then individual responsibility dictates that a person should stand alone so that at least they are not guilty of neglecting their duty. Historical examples abound where societies did not lend support to the greater good, and centuries of disgrace followed. While social struggle is essential for achieving true objectives, without societal consciousness and solidarity, individuals

alone are accountable before God, bearing witness to the power of thought and benefiting from it.

In essence, while individualism has its place in society, it should be balanced with an understanding of our interconnectedness and shared humanity. Solitude is a poison that diminishes the potential for political movements and meaningful social change. Embracing collective goals through social struggles and teamwork enables us to overcome divisive forces and create a fair and equitable world through social movements.

Biggest Lie Society Has Taught You To Believe

1. Hard work always pays off.

2. Good things come to those who wait.

3. There's someone out there for everyone.

4. Get into a good school and you'll get a good job.

5. People are bullying you because they're jealous.

6. You can tell someone everything.

7. The size of people's paycheck determines their identity.

8. Good guys always win.

9. Doctors always know what's best for us.

10. Business can be 'taught' in a business school.

11. Plastic recycling.

12. Honesty is the best policy.

Some Of The Best Life Tips

1. Only be big on whoever is big on you.

2. Keep it private, people love to ruin things.

3. One lie can ruin a thousand truths.

4. Forgiving doesn't mean you need to keep in touch.

5. True love meets you in your mess, and not your best.

6. You are going to figure it out, just like you always have.

7. Don't get side tracked by people who aren't even on a track.

8. Learn your place in people's life, so you don't overplay your part.

9. If you want it, go and get it, and if it's meant to be, it will be.

10. Once you feel like you've spoke on a situation too much, just let them do them.

11. Some talk to you in their free time, and some free their time to talk to you. Learn the difference.

12. Don't talk, act. Don't say, show. Don't promise, prove.

How increase your value?

1. Control your emotions and stop laughing at once.

2. Walk straight and with shoulders straight, and learn to look into people's eyes.

3. Do the thing every day that you are afraid of, and do the things people do not do every day.

4. If you do not understand something, then remove your shyness and ask again.

5. Get it done if you say I can do it.

6. Try to rise up in your own eyes, in the eyes of others, you will automatically rise up.

Habits That Are Ruining The Youth

Today I will tell you which are the 5 habits that ruin youth :

- Considering the great people and industrialists of the country as nothing and considering TV actors as their role models.
- At the age of 20, thinking that now is my age of fun, later I will make a career.
- Studying just to get a degree, there is no news of skills.
- To despise the values of your parents and stay in your own intelligence.
- Always believe that this work is not of my level, friend, no work is small.

These are some habits that ruin the youth, if you have any of these habits inside you, then remove them from your life as soon as possible and move forward towards success.

It's important to approach this question with nuance because habits can affect individuals differently and what may be harmful for one person might not be for another. That said, some habits that can potentially have negative impacts on youth include:

1. Excessive Screen Time: Spending too much time on screens, whether it's smartphones, computers, or TVs, can lead to decreased physical activity, disrupted sleep patterns, and social isolation.

2. Poor Diet: Consuming excessive amounts of junk food, sugary drinks, and processed foods can lead to obesity, nutrient deficiencies, and other health problems.

3. Lack of Physical Activity: Sedentary lifestyles can contribute to obesity, poor cardiovascular health, and other physical ailments.

4. Sleep Deprivation: Many youth struggle with insufficient sleep due to factors like excessive screen time, academic pressure, or irregular sleep schedules. Chronic sleep deprivation can impair cognitive function, mood, and overall well-being.

5. Substance Abuse: Experimentation with drugs, alcohol, or tobacco at a young age can lead to addiction, impaired brain development, and a host of other health and social problems.

6. Social Media Addiction: Excessive use of social media can lead to negative effects on mental health, including increased feelings of anxiety, depression, and low self-esteem.

7. Procrastination: Putting off responsibilities can lead to increased stress, poor academic performance, and missed opportunities for personal and professional growth.

8. Isolation: With the rise of digital communication, some youth may prioritize online interactions over face-to-face relationships, leading to feelings of loneliness and disconnection.

9. Lack of Time Management: Poor time management skills can lead to increased stress, decreased productivity,

and difficulty balancing academic, social, and personal responsibilities.

10. Ignoring Mental Health: Failing to prioritize mental health and seek support when needed can lead to untreated mental health conditions and exacerbate symptoms over time.

It's essential for youth to develop healthy habits and coping mechanisms to navigate the challenges they face and thrive in today's world. Encouraging open communication, fostering resilience, and promoting self-care are crucial steps in supporting their well-being.

Signs You May Be in a Narcissistic Relationship

Being in a narcissistic relationship can be emotionally draining and damaging. Here are some signs that you may be in one:

1. Constant Need for Validation: Your partner constantly seeks admiration and validation from you and others, often at the expense of your own needs.

2. Lack of Empathy: They show little empathy or understanding of your feelings, dismissing or minimizing your emotions and experiences.

3. Manipulative Behavior: Your partner uses manipulation tactics such as gaslighting, guilt-tripping,

or controlling behavior to maintain power and control in the relationship.

4. Sense of Entitlement: They believe they are inherently special and deserving of special treatment, and may become angry or resentful if they don't receive it.

5. Exploitative Behavior: Your partner takes advantage of you or others for their own gain, without regard for the consequences.

6. Grandiosity: They have an inflated sense of self-importance and may exaggerate their achievements or talents.

7. Difficulty with Criticism: Your partner becomes defensive or hostile when faced with criticism or feedback, and may react with rage or resentment.

8. Lack of Accountability: They rarely take responsibility for their actions or mistakes, instead blaming others or external factors.

9. Cycle of Idealization and Devaluation: Your partner alternates between idealizing you and devaluing you, leading to confusion and instability in the relationship.

10. Isolation: They may isolate you from friends and family or control who you can interact with, in order to maintain control over you.

If you recognize these signs in your relationship, it's important to seek support from trusted friends, family members, or a therapist. It may also be necessary to

establish boundaries and consider whether the relationship is healthy and worth continuing.

How to avoid someone in room with others

Sometimes when you are in a room with others and you want to avoid someone it is appropriate to stare at them. Not with malevolence but simply as if you are bored and want to talk. Remain without smile or 'smiling eyes' but just stare at them. Soon they become uncomfortable and leave or at least move away from you.

sometimes if you're autistic this just comes naturally to make people uncomfortable but I find that when i really don't want to interact that staring as if you know something about them is a perfect strategy.

Useful Tips For People In Their 20s And 30s

Invest in education and skills, prioritize financial literacy, and establish healthy habits. Build a diverse network through networking events and online platforms. Travel to broaden your perspectives and embrace new experiences. Set clear career goals, continuously adapt to industry changes, and maintain a work-life balance. Cultivate meaningful relationships and communicate openly in both personal and professional spheres.

Develop effective time management skills and learn from failures, viewing them as opportunities for growth. Practice gratitude and mindfulness for a positive mindset. Remember, it's never too early to invest in your future, both personally and professionally.

What is the real truth of life?

- Life isn't easy. It is not. It never was, it isn't now and it won't ever be.
- Everyone is going to die one day, your parents too.
- You can't make happy everyone.
- Everyone wants you to be successful but not more than them except your parents.
- Not Everyone is going to be happy for you.
- Don't attach to anyone or anything because when they/it left it'll hurt you.
- Life is a mystery.
- Don't lose hope or Don't give up because superior things take time.
- Approach the girl/boy you like because there are perhaps chances that they like you too but a lake of confidence from both sides makes distances in relations.
- Don't assume that everyone else operates just like you.
- The power of negativity is much stronger than positivity. so just stay away from negative people and things.
- No one is coming to save you. This life of yours is 100% of your responsibility.

What's the most useful social skill?

1. Always be the last person to break eye contact.

2. Put your smartphone in your pocket "and keep it there until your conversation or meeting is over."

3. Call people by name.

4. Smile, "Don't underestimate the power of a smile."

5. Hear more than you speak, "You have two ears, only one mouth. This is the ratio you should use with them. ,

6. Don't just listen - listen actively.

7. If someone is interrupted, ask them to continue.

8. Ask specific questions.

9. Make everyone feel involved.

Mistakes Should Not Be Made At The Age Of 18 To 30

- Never have a physical relationship with a prostitute.

- Don't show off, please yourself instead of wooing others.
- Never leave your friend and family for the sake of boyfriend / girlfriend.
- You should not cry in front of anyone except your parents, not in front of anyone.
- No one should be kept in the guise of love just for sex.
- Do not let your parents down at any cost, because in the whole world there are only those who want your well being.

Things That Help Build Self Confidence

- Start wearing clothes you like and comfortable for you.
- Start going to the gym.
- Start playing something (like martial arts, football, etc.).
- Start reading books about your field.
- Start feeling proud of yourself.
- Start helping other people who appreciate it will give you a boost of confidence in return.
- Smile at the good things.
- Start enjoying life and don't care what others think of you.

Some Useful Psychology Facts

1. Being bilingual doesn’t just make you sound smarter, it actually makes you smarter.

2. Your brain doesn't know the difference between real and fake confidence, so if you act confident, your brain will start to believe it.
3. Memories are more like jigsaw puzzles than exact photographs.
4. When you feel short on something, like money, you become fixated on it.
5. We're more likely to remember things that we hear in a funny voice. That's why cartoon characters and comedians stick in our minds.
6. If we didn't receive any compensation, we might convince that a boring task was fun.
7. Even if it's a fake smile, it can trick your brain into thinking you're happy.
8. The average person has more partners than smart people do. The more intelligent a person is, the more selective they become.
9. Less information processed by the brain can cause time to seem like it's passing quickly. Boredom could be a signal from the brain to seek out something more interesting.
10. Procrastination can actually be beneficial. It allows your mind to wander and come up with creative solutions.
11. When something bad happens, people are more prone to point the finger at someone.

8 WOMEN YOU MUST AVOID AS A STRUGGLING YOUNG SINGLE MAN !!

As a young, single man navigating the complexities of relationships, it's crucial to be discerning about the women you choose to invest your time and emotions in.

Here are eight traits to be cautious of as you tread the path of love and companionship:

1) The Financial Vampire

Avoid a woman who solely depends on you for money and spends it recklessly. A partner should contribute to the relationship's financial health, not drain it. Steer clear of someone who could potentially exploit your resources and move on to the next provider.

2) The Arrogant Materialist

Beware of an arrogant woman who disregards your guidance but is obsessed with a lavish lifestyle. Struggling as a young single man means you can't afford to indulge in extravagant expenses. A partner should support your financial goals, not burden you with unnecessary pressures.

3) The Constant Quarreler

Steer clear of a woman who perpetually quarrels, disrespects you, and disrupts your peace. A healthy relationship requires mutual respect and understanding, not constant conflict. Look for someone who values communication and collaboration.

4) The Friend-Loaded Woman

Avoid a woman surrounded by numerous male friends, especially those she refers to as "besties." These men could be waiting for an opportunity to step in and replace you when challenges arise in your relationship. Protect the integrity of your partnership.

5) The Unreasonable Demander

Stay away from a woman who refuses to listen to your explanations but insists on her needs being met without regard for your well-being. A relationship should be a two-way street where both partners consider each other's perspectives and needs.

6) The Unambitious Partner

Avoid a woman without ambition or a willingness to learn and work. Economic challenges may arise, and having a partner with initiative and a strong work ethic can be a valuable asset. Mutual planning and support contribute to shared success.

7) The High Demands Seeker

Steer clear of a woman with unrealistic and incessant demands. Achieving your dreams as a struggling young single man requires focus and discipline. A supportive partner should understand and encourage your aspirations, not hinder them.

8) The Unappreciative Companion

Avoid a woman who fails to appreciate your efforts, no matter how small, to contribute to her well-being. A healthy relationship acknowledges past sacrifices and fosters mutual growth. A partner who only looks for the next best thing may not be the right match for your journey.

Concluding, as a struggling young single man, choosing a compatible life partner is crucial for your personal and professional development. These cautionary traits serve as a guide to help you navigate relationships wisely. Remember, a supportive, understanding partner enhances your journey and contributes positively to your overall well-being. Be guided, be discerning, and choose wisely in matters of the heart.

Truths That Have Made You Stronger

Never make friends with people you work with. When the chips are down, it's everyone for themselves. They are only your friend until they might risk their own jobs if they defend or support you. Some will even pressure you into doing something that will put your own job at risk so they can look better by comparison.

Never befriend your co-workers. Leave them at the timeclock.

09 Things you should avoid at any cost

1. **Neglecting self-care:** Prioritize your physical and mental well-being.
2. **Ignoring feedback:** Embrace constructive criticism for personal growth.
3. **Procrastination:** Tackle tasks promptly to avoid unnecessary stress.
4. **Toxic relationships:** Surround yourself with positive and supportive people.
5. **Excessive debt:** Manage finances wisely to secure your financial future.
6. **Overcommitting:** Learn to say no and avoid overwhelming yourself.
7. **Negative self-talk:** Foster a positive mindset for better mental health.
8. **Skipping learning opportunities:** Continuously seek knowledge and growth.
9. **Ignoring your passions:** Make time for activities that bring you joy and fulfillment.

There are certain things more that are universally harmful and should be avoided whenever possible. Here are some examples:

1. Harm to Others: Intentionally causing harm to others, whether it's physical, emotional, or psychological, should always be avoided. This includes violence, abuse, manipulation, and exploitation.

2. Hate Speech: Engaging in hate speech or promoting discrimination, prejudice, or bigotry against individuals or groups based on their race, ethnicity, religion, gender, sexual orientation, or any other characteristic is harmful and should be avoided.

3. Dishonesty: Being dishonest or deceitful undermines trust and integrity in relationships. It's important to be truthful and transparent in our interactions with others.

4. Irresponsible Behavior: Engaging in reckless or irresponsible behavior, such as driving under the influence, neglecting obligations, or putting oneself or others in danger, should be avoided.

5. Addictive Substances: Substance abuse, including drugs, alcohol, and tobacco, can have serious consequences for physical and mental health. Avoiding addictive substances or seeking help to overcome addiction is crucial for overall well-being.

6. Self-Neglect: Neglecting one's own physical, mental, and emotional needs can lead to burnout, illness, and diminished quality of life. It's important to prioritize self-care and seek help when needed.

7. Toxic Relationships: Maintaining relationships that are consistently negative, abusive, or toxic can have detrimental effects on mental and emotional well-being. It's important to set boundaries and prioritize relationships that are healthy and supportive.

8. Environmental Destruction: Engaging in activities that harm the environment, such as pollution, deforestation, or overconsumption of natural resources, contributes to climate change and threatens the well-being of future generations.

9. Ignorance: Ignoring or denying facts, evidence, or the experiences of others can perpetuate ignorance and harm. It's important to seek knowledge, listen to diverse perspectives, and remain open-minded.

10. Inaction in the Face of Injustice: Remaining silent or inactive in the face of injustice, oppression, or inequality allows harm to persist. It's important to speak up, advocate for change, and stand up for the rights and dignity of all individuals.

07 Rules hard to practice but valuable

1. Embrace Failure: It's tough, but learning from setbacks is a powerful way to grow.

2. Practice Patience: In our fast-paced world, patience can be challenging, yet it often leads to better outcomes.

3. Honest Self-Reflection: Facing our flaws can be uncomfortable, but it's crucial for personal development.

4. Limit Screen Time: Disconnecting from screens is difficult but vital for mental well-being.

5. Active Listening: Truly listening can be hard, but it deepens connections and understanding.

6. Prioritize Health: Balancing work and health is tough, but it ensures sustained productivity and happiness.

7. Step Out of Comfort Zone: Growth happens outside comfort zones, though it's uncomfortable at first.

Biggest Life Lesson You Have Ever Learned

1. You don't need to explain yourself to anyone. Start living for yourself, never live just to impress others.
2. Comfort zone will destroy your life. Life starts at the end of comfort zone.

3. Your family and friends can only support you, you have to do it yourself.
4. Happiness doesn't come from sleeping, relaxing and hanging on social media. True happiness comes when you give your best in life.
5. The less people you chill with, the less bullshit you have to deal with.
6. Life is too short to become angry and to seek for revenge to those who did you wrong. Just let it go.
7. It's never too early or late to do the things you have always wanted to do.
8. None really cares unless you are rich, beautiful and popular, at least not forever.
9. Readers are leaders. Never stop reading.
10. No matter how much we try, some situations are never in our control.
11. Don't believe everything you hear and see. Be curious, question them.
12. It is not necessarily important to know who likes you and who doesn't. What really matters is how you see yourself.

8 Unpopular psychological facts no one knows

1. Confirmation Bias: People tend to interpret and remember information in a way that confirms their

preexisting beliefs, even if the information is neutral or contradictory.

2. Illusory Truth Effect: Repeated exposure to false information can make people more likely to believe it, a phenomenon known as the illusory truth effect.

3. Dunning-Kruger Effect: individuals with low ability at a task often overestimate their ability, while those with high ability may underestimate their competence.

4. Bystander Effect: In a group, individuals are less likely to help a person in need because they assume someone else will take responsibility.

5. Fundamental Attribution Error: People tend to attribute others' actions to their personality traits, while attributing their own actions to external factors or situations.

6. Cognitive Dissonance: The discomfort experienced when holding conflicting beliefs or attitudes, leading individuals to change their beliefs to align with their actions.

7. Spotlight Effect: Individuals tend to overestimate how much others notice and evaluate their appearance, behavior, or mistakes.

8. Serial Position Effect:When recalling a list, people are more likely to remember the items at the beginning (primacy effect) and the end (recency effect), often forgetting those in the middle.

10 Things you realize when you get mature

1. Perspective Shift: You start to see situations from different angles, understanding that there's often more than one valid viewpoint.

2. Patience: You develop a greater tolerance for delays and setbacks, recognizing that some things take time.

3. Emotional Regulation: Mature individuals often handle emotions more effectively, learning to navigate challenges with a balanced mindset.

4. Acceptance of Imperfection: You become more comfortable with the idea that nobody, including yourself, is perfect.

5. Prioritizing Relationships: Quality relationships become more important than quantity, and you value deep connections with others.

6. Learning from Mistakes: Instead of dwelling on failures, you see them as opportunities for growth and learning.

7. Gratitude: Appreciating the present moment and being thankful for what you have becomes a more natural part of your mindset.

8. Adaptability: You become more flexible in adapting to change, recognizing that life is dynamic and often unpredictable.

9. Self-Reflection: Regular introspection helps you understand your motivations, strengths, and areas for improvement.

10. Purpose and Meaning: As you mature, you may seek a deeper sense of purpose and meaning in your life, aligning your actions with your values.

06 greatest things can learned

1. You don't get what you desire but what you deserve. So do good, and be mindful of your actions.
2. You are not what you think you are. You are what you think people think you are. So you become so.
3. This is the opposite advise of what you'll see nowadays - Life is too short to be wasted for fun and adventures. Instead of going after that, just be whoever and wherever you are and be grateful. Once you feel grateful for anything. Even a boring 9–5 job will seem like it's gifted to you. It's all about mindset.
4. Do not think what other people interpret of you. What if they don't? What if it's all in your mind making up stories about their opinions? Nobody has the time to think about us. The

world doesn't revolve around us. Everyone has their own problems and sh#t to deal with.

5. Your parents are not perfect. They are humans too. Forgive them, accept them and move on.
6. Just as how you can't eat the rotten food from the garbage bin, similarly you shouldn't look back at your past and eat those rotten fruits again no matter how appealing those fruits dress itself up. Forget the past. Every second that passes, should be a past.

8 Things we should never do in life

1. Never compromise your values: Stay true to your principles and beliefs, even when faced with challenges.

2. Avoid dwelling on the past: Learn from it, but don't let past mistakes or regrets hinder your present and future.

3. Never stop learning: Embrace continuous growth and seek knowledge throughout your life.

4. Avoid negative self-talk: Be kind to yourself and cultivate a positive mindset for personal well-being.

5. Never ignore your health: Prioritize physical and mental well-being to lead a fulfilling life.

6. Avoid toxic relationships: Surround yourself with supportive and positive individuals who uplift you.

7. Never fear failure: Instead, view it as an opportunity to learn and improve.

8. Avoid procrastination: Take initiative and act on your goals, as delaying often leads to missed opportunities.

What psychology says about a normal person?

1. Emotional Regulation: The ability to manage and express emotions appropriately.

2. Social Skills: Effective communication and the ability to form and maintain healthy relationships.

3. Resilience: The capacity to cope with life's challenges and bounce back from setbacks.

4. Adaptability: Flexibility in adjusting to new situations and learning from experiences.

5. Self-awareness: Understanding one's thoughts, emotions, and behaviors.

6. Autonomy: The capability to make independent decisions and take responsibility for one's actions.

7. Purpose and Meaning: A sense of direction and fulfillment in life

Life Lessons Everyone Wish To Learn Earlier

1. Embrace Failure: Failure is a stepping stone to success. Learn from it, adapt, and keep moving forward.

2. Value Relationships: Quality relationships enrich your life. Invest time and effort in building and maintaining meaningful connections.

3. Practice Gratitude: Appreciate the present moment and express gratitude. It fosters a positive outlook and enhances overall well-being.

4. Prioritize Self-Care: Taking care of yourself mentally, physically, and emotionally is crucial. It's not selfish; it's necessary for a fulfilling life.

5. Continuous Learning: Cultivate a mindset of lifelong learning. Adaptability and curiosity are key to personal and professional growth.

6. Live in the Present: Don't dwell excessively on the past or worry too much about the future. Focus on the present moment and make the most of it.

7. Be Kind: Kindness goes a long way. Small acts of kindness not only benefit others but also contribute to your own sense of fulfillment.

8. Set Boundaries: Establish healthy boundaries to maintain balance in your life. It's okay to say no and prioritize your well-being.

9. Embrace Change: Change is inevitable. Instead of resisting it, learn to adapt and find opportunities for growth within it.

10. Define Success for Yourself: Success is subjective. Identify what truly matters to you and strive for goals that align with your values and aspirations.

Signs Of Being A Toxic Friend

- They make everything about themselves.
- They tell you not to listen to your parents because they are not important.
- Boyfriend stealers. They will try to steal your boyfriend or try to flirt with him.
- They always have something negative to say about you.
- They never are happy about what you do in life.
- They get jealous of you easily.
- They threaten suicide or say they are going to harm themselves if you leave.
- Start saying everything is your fault.
- They start competing with you.
- They will most likely start copying you.
- Often jealous of your other friends
- Always asking for money and everything.

Advice To A Teenager

- Don't rush to grow up.
- Life is hard, very hard. There are going to be unpredictable events that are horrifying and unpreventable. You are going to lose people, get your heartbroken, feel alone, and depressed at different stages. But it's ok.
- Friends come and go. This one has been a big thing for me. I've had many friends come and go but it leads to new friendships.
- Be curious. Go outside and explore.
- Be happy and proud of who you are. You are unique and you are special. Please don't compare yourself to others it's not worth you are perfect just the way you are.
- Be grateful. Tell all the people in your life thank you. Tell your parents thank you for bringing you into this world.
- Always mind yourself. Take care of your body, get good sleep and, eat healthily. Also, make sure to work out.

Best Habits In The Night

- Set an alarm for bedtime.
- Write your thoughts in a journal.
- Read a couple of pages out of a book of your choice.
- Brush your teeth or do a skincare routine only if you have one.

- Keep electronics out of your bedroom for better sleep quality.
- Prepare your outfit for the next day.
- Take a warm bath or shower.
- Drink warm milk before you go to sleep. It helps you fall asleep faster.
- Write a to-do list for tomorrow morning.
- Meditate
- Floss. Do it together while brushing your teeth.
- Go to sleep and be excited for tomorrow morning.

Things That A Student Should Do In School

- Go to school every day to get your education.
- Make at least one best friend who you can go to when you need something. School friendships are the most important ones, so cherish them while you can.
- Good grades so you can graduate.
- Have a good relationship with your teachers.
- Study when there is a test. Because who wants to fail? Not me or you.
- Make your parents proud of you for bringing home good grades.
- Participate in any after school activities.
- Think about your goals for the future. What you gonna do, what college you will be attending, etc.

- Encourage your friends.

Useful Secrets To Make A Powerful Personality

1. While others complain, seek solutions.
2. While others beg, create opportunities.
3. While others are indoctrinated, verify beliefs.
4. While others are shy, speak up.
5. While others are manipulatable, be principled.
6. While others are derailed, stay focused.
7. While others settle, strive.
8. While others are schooled, be educated.
9. While others are selfish, be kind.
10. If you're not learning, spending time on your loved ones, spirituality, health or resting, ensure you're busy working on your dreams.

Lastly, learn to sell and learn to build. If you can do both, you will be unstoppable —Naval.

What golden advice did you learn in your life?

- **You learn a lot about life.** There is nothing like diving out of your comfort zone to make you realize that you are a newbie in life no matter what your age. There are so many things to

learn such as how to get a meal in an Italian restaurant when the menus are in Italian and you don't speak Italian.

- **You are never alone.** You can make friends anywhere. Be the first to smile. Make an effort to join in their celebrations or simply ask them questions about their lives. This is all it takes.
- **You have to try new things.** Whether you are staring at a menu realizing you have no idea what the items are, or jumping on a bus that you hope will get you somewhere familiar, travel is exciting. You have to do new things. It is all about getting yourself into situations and turning them into amazing experiences.
- **There are no "mistakes".** Go and have some fun. Read up in the culture before you go and when something goes off plan, turn it into an exciting experience.
- **You learn to change quickly**. As you travel, anything can happen and you may end up in a pretty strange situation. The wily traveler learns to change quickly. Travelling is fraught with unknowns. you learn to think on your feet and solve problems efficiently.

Unwritten Social Rules Everyone Should Know

- **Order wisely when someone is treating you.** "*Never order the expensive dish on the*

menu when someone is treating you for lunch/dinner.

- **Never give advice until you're asked.** *All people are not going through a crisis, even if they are, they just might know how to pull themselves out of it. So, not bothering them with your unsolicited advice is highly advised!*
- **That is not your phone.** *Don't swipe left or right when someone hands over their phone to you for viewing the picture. And also don't browse through their messages and call log list.*
- **Ignoring Homeless people is not good.** *"Don't just ignore homeless people, say 'no, sorry have a good day'. It can be incredibly demoralizing to be ignored all day every day and just to have someone say 'sorry' or 'hi' can be a welcome pick me up. You don't need to sit down and have a long chat with them, but just be polite as you would with anyone else."*
- **Respect people, not their position.** *Treat the cleaner with the same respect as the CEO. Nobody is impressed at how rudely you can treat someone below you but people will notice if you treat them with respect."*
- **There is nothing cool about body shaming people.** *"When someone you know has an obvious change in appearance, e.g., weight gain/loss, bald spot, acne. Never comment on it until they talk about it to you, they already know what has happened to them, feels."*

What to do today to simplify the day?

- **Carry a water bottle everywhere.** We all know staying hydrated is, like, super important, but it's so much easier to do it if you keep a water bottle with you at all times
- **Follow a quick morning routine.** Not everyone has time for an elaborate morning routine! Make things a little simpler and incorporate these healthy habits into your mornings instead.
- **Spend less time on social media in 2020.** Spending too much time on social media can even lead to negative thoughts, like comparing yourself to others and lots more.
- **Think about what is truly important in your life.** Just as finding ways to simplify your life is an important thing to think about in the new year, so is thinking about the things that are truly important to you.
- **Set monthly goals.** set yourself 1-3 goals each month. I've been setting goals and it's allowed me to start new habits, break down larger goals into manageable chunks, and achieve things I've been meaning to do for a long time.
- **Start a capsule wardrobe.** A simplified wardrobe comprised of clothes you absolutely love means less money spent shopping AND less time getting ready in the morning.
- **Quit opening so many tabs.** Want to be more productive? Close some tabs.

- **Keep healthy snacks at your desk.** Keep a stash of healthy snacks at your desk to perk yourself up and feel less defeated during the workday.

Signs That Show Someone Is Dangerous For You

Recognizing signs that someone may be dangerous is crucial for personal safety. While not all individuals displaying certain behaviors are harmful, it's essential to be aware of potential warning signs. Here are some indicators that someone might be dangerous:

1. **Aggressive Behavior:** Physical aggression or violent outbursts. Frequent anger or hostility, especially disproportionate to the situation.
2. **Controlling Behavior:** Attempts to control your actions, decisions, or relationships. Monitoring your movements, checking your phone or social media without your consent.
3. **Manipulation:** Using deceit or manipulation to achieve personal goals. Guilt-tripping, gaslighting, or creating confusion to gain control.
4. **Lack of Empathy:** Disregard for the feelings or well-being of others. A history of cruelty to animals or indifference to others' suffering.

5. **Isolation Tactics:** Trying to isolate you from friends, family, or support networks. Discouraging or preventing you from maintaining social connections.
6. **History of Violence or Criminal Activity:** A documented history of violent behavior or criminal offenses. Frequent involvement in altercations or legal issues.
7. **Intense Jealousy or Possessiveness:** Extreme jealousy, especially to the point of controlling your interactions with others. Possessive behavior, treating you as an object rather than an equal.
8. **Pattern of Intimidation:** Threatening language, gestures, or actions. Using intimidation tactics to make you feel fearful or powerless.
9. **Unpredictability:** Erratic or unpredictable behavior that causes unease. Drastic mood swings without apparent cause.
10. **Substance Abuse:** Frequent and problematic use of drugs or alcohol. Substance abuse contributing to aggressive or dangerous behavior.
11. **Fixation or Obsession:** An unhealthy fixation on you, leading to obsessive behavior. Stalking or intrusive actions that make you feel unsafe.
12. **Lack of Boundaries:** Disregard for personal boundaries, both physical and emotional. Ignoring your requests for space or privacy.
13. **Intuition:** Trust your instincts. If you feel uncomfortable, unsafe, or uneasy around

someone, even if you can't pinpoint a specific reason, it's important to take your feelings seriously and distance yourself from that person if necessary.

14. **Extreme Mood Swings:** Rapid and extreme mood swings, particularly when accompanied by aggression or hostility, can indicate underlying mental health issues or instability that could pose a risk to your safety.
15. **History of Abuse:** If someone has a history of abusive behavior, whether it's towards you or others, it's important to recognize the potential danger they pose and take steps to protect yourself.

If you notice one or more of these signs in someone's behavior, it's essential to prioritize your safety. Trust your instincts and seek support from friends, family, or professionals. If you ever feel threatened or in immediate danger, don't hesitate to contact law enforcement or local authorities for assistance.

05 habits that can destroy your life

Toxic relationships: Surrounding yourself with negative, manipulative, or unsupportive individuals can drain your energy and hinder your development.

Procrastination: Delaying important tasks and succumbing to the habit of procrastination can lead to

missed opportunities, unfulfilled potential, and a sense of constant stress as deadlines approach.

Unhealthy Eating and Lack of Exercise: A poor diet and sedentary lifestyle can lead to obesity, chronic health problems, and a reduced quality of life.

Alcohol or Drug Use: Substance abuse can have a devastating impact on your health, relationships, and overall life.

use of adult movies: pornography badly impact on your mental health as well as physical health.

Excessive use of social media: Mainly teenager's avoiding social media app because it's a distraction of teenagers.

The psychology of human interests

1. Formation of Interests:

- Interests often develop through a combination of personal experiences, innate preferences, and environmental influences.

- Early life experiences, cultural background, and exposure to diverse activities contribute to the formation of individual interests.

2. Motivation and Engagement:

- Interests play a crucial role in motivating individuals to pursue specific activities or goals.

- People tend to invest more time and effort in areas that align with their interests, leading to higher levels of engagement and satisfaction.

3. Change and Adaptation:

- Interests can evolve over time due to changing life circumstances, personal growth, or exposure to new information.

- Flexibility in adapting to evolving interests contributes to overall psychological well-being.

4. Impact on Decision-Making:

- Interests often influence decision-making processes, guiding individuals toward choices that align with their passions and preferences.

- Understanding one's interests can aid in making fulfilling career choices, hobbies, and lifestyle decisions.

5. Intrinsic vs. Extrinsic Motivation:

- Intrinsic interests are driven by internal satisfaction and genuine curiosity, while extrinsic interests may be influenced by external rewards or pressures.

- Intrinsic interests tend to lead to more sustained engagement and enjoyment.

6. Cognitive and Emotional Aspects:

- Interests can evoke a range of emotions, from joy and excitement to frustration or disappointment.

- Cognitive processes, such as attention and memory, are often heightened when individuals engage with activities aligned with their interests.

7. Social Influences:

- Interests can be shaped by social interactions and shared experiences with others.

- Social validation and support for one's interests contribute to a sense of belonging and connection.

Understanding the psychology of human interests involves exploring these multifaceted elements to gain insights into what captures people's attention, drives their actions, and contributes to their overall sense of fulfillment.

How Can Things Oracle To Us?

The term "oracle" typically refers to a source of wisdom, guidance, or prediction. Here are a few ways things can be considered oracles:

1. Divination Tools: Objects or symbols such as tarot cards, runes, or the I Ching are often used as oracles. People consult these tools to gain insights into their lives or to seek guidance on specific questions.

2. Nature: Some people believe that natural phenomena, such as the movement of celestial bodies, patterns in clouds, or the behavior of animals, can serve as oracles, providing signs or messages about the future.

3. Intuition: Our own intuition or inner wisdom can sometimes act as an oracle, guiding us towards the right decisions or offering insights into our lives and relationships.

4. Spiritual Practices: In various spiritual traditions, rituals or practices such as meditation, prayer, or shamanic journeying can be used to access guidance from higher powers or spiritual realms.

5. Dreams: Dreams are often considered to contain hidden messages or insights from the subconscious mind or the divine. Some people interpret their dreams as oracles, seeking meaning and guidance in their nocturnal experiences.

6. Synchronicities: Synchronicities are meaningful coincidences that seem to be guided by a deeper intelligence or order. Some people interpret these synchronicities as messages or signs from the universe, acting as oracles guiding them along their path.

Ultimately, the concept of oracles is deeply rooted in human culture and spirituality, reflecting our innate desire to seek guidance, meaning, and understanding in the world around us.

Warnings To Young Adults About Life

- Stay focused on the present and don't worry about past or future. Do not let negative things

from the past affect your present-day happiness. Whatever occurred in the past cannot be altered and you should let it go and move on.

- Everyone in the world has made mistakes one time or another. Admit and take responsibility for your mistake when it happens. Find out the reasons, learn from it, and create a plan to not make the same mistake again.
- Don't compare yourself with those who are richer than you and become hopeless. Instead make a downward comparison and be thankful for what you have. Practice gratitude on a daily basis.
- Surround yourself with good people. They will help you succeed in life.
- Self-discipline leads you to happiness. Set yourself a goal to become more disciplined.
- Don't die without doing what inspires you in life. Do it irrespective of the opinion of others.
- . Believe that you can overcome all life's challenges.
- Be kind to yourself. You should love and accept yourself the way you are. Don't judge yourself in a bad way and create your own misery. Swap any negative thoughts with positive ones.
- Perform daily exercise for 30 minutes to an hour. Plan your day so that you get 7 to 8 hours of sleep every night, which is imperative to stay healthy. Avoid eating junk foods and eat wholesome foods instead.

- Maintain close relationships with family and friends. Take their help as required when you need advice or when you are in a bad situation. Keep in mind that friendship is not a one way street. So, you should also help your friends when they need you.

Best Advice To Help To Change Life For The Best

- **Love your body. Take good care of it.** Exercise. Going to the gym, yoga or spin class is a statement saying that you love yourself. You are saying, I care about my body and my health and I want to take the best care of myself that I possibly can.
- **A healthy social life is pure happiness.** Social Activities Lunchtime or dinner time with friends or family is a soul-full intimate experience. It warms the heart. Take time to surround yourself with the warmth of family and friends. They are there to support you, encourage you, and love you no matter what.
- **Watch your words carefully.** Your words. Watch your words carefully. They can be daggers or cheerleaders. You can crush the spirit of someone or make them feel like they can conquer the world. Taste your words before you spit them out. Words are your thoughts

coming to life. It's your choice. Do you want to show that your are nice or nasty?

- **Your thoughts become what you are. What you think, you believe.** Your thoughts All day, it's just you and your thoughts. Do you sound like your best friend or the high school bully? Negative thinking is an easy pattern to fall into. It is also a harmful one. Your thoughts are your reactions to everything that goes on in your life. Treat them with extreme caution. Negative thoughts damage your happiness.
- **Touch someone's soul with your kindness**. Random Acts of Kindness. It's the little things in life that matter most. Hold a door, smile at people, buy someone a gift, and don't forget to call your mother. Kindness touches the soul of another person. Everyone has a battle they are fighting. Your simple act of kindness soothes someone else's pain. You have reached the highest level of your spiritual self. Your life has meaning.
- **Each day is filled with endless opportunities to show people how much you care, appreciate, and value them.** how people you love them Everyone knows how to tell someone "I love you" but do your actions match your words? Are you showing someone how much they are loved? The day is filled with many opportunities to cook someone you love their favorite meal, go out of your way to help someone in need, or simply being by the side of a crying friend.

Live awake and aware to the lessons of of your day. They have a lot to tell you.

How To Deal With Difficult People?

Dealing with difficult people can be challenging, but there are strategies you can employ to navigate these interactions more effectively:

1. Remain Calm: Try to stay calm and composed, even if the other person becomes agitated or confrontational. Keeping your emotions in check can help prevent the situation from escalating further.

2. Listen Actively: Practice active listening by paying attention to what the other person is saying without interrupting. Show empathy and understanding, even if you disagree with their perspective.

3. Set Boundaries: Clearly communicate your boundaries and assertively stand up for yourself when necessary. Let the person know what behaviors are unacceptable to you and be prepared to enforce those boundaries if they are crossed.

4. Stay Objective: Focus on the facts of the situation rather than getting caught up in emotions or personal attacks. Stick to the issue at hand and avoid getting drawn into unnecessary drama or conflict.

5. Choose Your Battles: Not every disagreement needs to be resolved immediately. Consider whether the issue is worth addressing or if it's better to let it go and move on.

6. Seek Common Ground: Look for areas of agreement or shared interests that you can use as a basis for finding solutions or compromise. Finding common ground can help build rapport and defuse tension.

7. Use "I" Statements: When expressing your concerns or grievances, use "I" statements to take ownership of your feelings and avoid placing blame. For example, say "I feel upset when..." rather than "You always make me feel..."

8. Stay Solution-Focused: Instead of dwelling on the problem, focus on finding constructive solutions that address the underlying issues and move the conversation forward.

9. Take Breaks if Necessary: If the interaction becomes too intense or overwhelming, it's okay to take a break and step away from the situation temporarily. This can give you time to cool off and approach the conversation with a fresh perspective later on.

10. Seek Support: If dealing with a difficult person becomes too challenging, don't hesitate to seek support from friends, family members, or a trusted colleague. Sometimes having an outside perspective can provide valuable insight and guidance.

Remember that you can't control the behavior of others, but you can control how you respond to it. By employing

these strategies, you can effectively manage interactions with difficult people while maintaining your own well-being and integrity.

One Tip To Improve Life…

- **Learn from people who inspire you.**

Think about people you admire. People who inspire you. These people reflect certain qualities you want to have for yourself too.

- **Avoid negative people.**

Wherever we go, there are bound to be negative people. Don't spend too much of your time around them if you feel they drag you down.

- **Learn to deal with difficult people.**

There are times when there are difficult people you can't avoid, such as at your workplace, or when the person is part of your inner circle of contacts.

- **Learn from your friends.**

With all the friends who surround you, they are going to have things you can learn from.

- **Show kindness to people around you.**

You can never be too kind to someone. In fact, most of us don't show enough kindness to people around us. Being kind helps us to cultivate other qualities such as compassion, patience, and love.

- **Wake up early**

I feel it's because when you wake up early, your mindset is already set to continue the momentum and proactively live out the day. I wake up around 5:30 A.M each morning.

Harsh reality of being a citizen in first world

While living in a first-world country often comes with many privileges and opportunities, there are also harsh realities that citizens may face:

1. Mental Health Challenges: Despite access to advanced healthcare systems, mental health issues such as depression, anxiety, and stress are prevalent in first-world countries. High expectations, competitive environments, and social isolation can contribute to mental health struggles.
2. Social Inequality: First-world countries often grapple with significant income inequality, where a small percentage of the population holds a disproportionate amount of wealth and power. This can lead to disparities in access to education, healthcare, housing, and employment opportunities, creating social divisions and perpetuating systemic injustices.
3. Loneliness and Isolation: Despite being surrounded by technology and social networks, many people in first-world countries experience loneliness and social isolation. Busy lifestyles, long work hours, and reliance on

digital communication can hinder meaningful connections and contribute to feelings of alienation.

4. Pressure to Succeed: In societies that prioritize individual achievement and success, there can be intense pressure to excel academically, professionally, and socially. This pressure can lead to burnout, anxiety, and a constant sense of inadequacy, especially among young people.

5. Environmental Concerns: First-world countries often have high levels of consumption and carbon emissions, contributing to environmental degradation and climate change. Citizens may face the harsh reality of environmental pollution, natural disasters, and the long-term consequences of unsustainable lifestyles.

6. Political Polarization: In many first-world countries, political polarization and ideological divides have intensified, leading to social unrest, distrust in institutions, and a breakdown of civil discourse. Citizens may feel disillusioned with the political process and struggle to find common ground with those who hold different beliefs.

7. Healthcare Costs: While first-world countries generally have advanced healthcare systems, access to affordable healthcare can still be a challenge for many citizens. Rising healthcare costs, inadequate insurance coverage, and gaps in healthcare services can leave people vulnerable to financial hardship and medical debt.

8. Work-Life Imbalance: Despite advances in technology and workplace flexibility, many citizens in first-world countries struggle to maintain a healthy work-life balance. Long work hours, job insecurity, and the blurring

of boundaries between work and personal life can take a toll on physical and mental well-being.

These harsh realities highlight the complexities and challenges that citizens in first-world countries may face, despite living in affluent and developed societies. Addressing these issues requires collective action, social awareness, and a commitment to promoting equality, well-being, and sustainability.

Reality Of Being A Citizen In Third World

Living as a citizen in a third-world country, while presenting its own set of challenges, also encompasses some realities that are essential to human experience and can be considered affluent in their own right:

1. Community and Social Connections: In many third-world countries, communities are tightly knit, and social connections are strong. People often rely on each other for support, creating a sense of belonging and solidarity that fosters resilience in the face of adversity.
2. Cultural Richness and Diversity: Third-world countries often boast rich cultural traditions, diverse landscapes, and vibrant communities. Citizens have the opportunity to experience a wide array of cultural practices, languages, cuisines, and artistic expressions, contributing to a sense of identity and pride.
3. Resilience and Adaptability: Citizens in third-world countries frequently demonstrate remarkable resilience in the face of economic, social, and environmental

challenges. They learn to adapt to changing circumstances, develop innovative solutions to problems, and find strength in adversity.

4. Value of Family and Relationships: Family bonds are often deeply cherished in third-world countries, with multi-generational households and strong familial ties serving as sources of emotional support, stability, and care.

5. Simplicity and Appreciation for Life's Basics: Living with fewer material possessions and amenities can foster a greater appreciation for life's simple pleasures. Citizens in third-world countries may find joy in small everyday moments, such as sharing a meal with loved ones or enjoying nature's beauty.

6. Resourcefulness and Creativity: Limited access to resources often sparks creativity and resourcefulness. Citizens learn to make do with what they have, repurpose materials, and innovate in order to meet their needs and improve their quality of life.

7. Spiritual and Philosophical Depth: Many third-world cultures place a strong emphasis on spirituality, philosophy, and faith, offering individuals a sense of purpose, meaning, and existential fulfillment beyond material wealth.

8. Environmental Connection: Citizens in third-world countries often have a closer relationship with the natural environment, relying on it for sustenance, livelihoods, and cultural practices. This connection fosters a deep respect for nature and an understanding of the importance of environmental conservation.

While citizens in third-world countries may face significant challenges related to poverty, inequality, and

limited access to resources, they also possess strengths, values, and experiences that contribute to their resilience, well-being, and sense of fulfillment. Recognizing and appreciating these realities is essential for fostering empathy, understanding, and solidarity on a global scale.

What are some sad truths about life?

- Life is not even remotely fair, and for the most part success depends on factors that are completely out of anybody's control.
- Life is just one big, long act of letting go.
- People keep you in their lives for reasons that you may not understand. When those reasons change, they will move on.
- Just because you love someone wholeheartedly, doesn't mean that they'll love you back.
- Sometimes your best isn't good enough.
- Some promises remain unfulfilled.
- People grow apart. Even the ones who promise to stay in touch when they travel miles away from you.
- Everything comes to an end. From a project to a book, from a party to a vacation; from an encounter to a marriage, and from a candle to a life. Everything has an expiry date that may be hidden and will only reveal itself when the time is at a close. Yet, we continue to take things and people for granted.

- Change is the only constant. when we make promises of eternity and tell people we're never going to change; somewhere, we know that's not true.
- We don't know what happened before we were born. We don't know what happens after we die. We don't know what lies beyond our planet, let alone our solar system. We don't know anything fully. We can only surmise.We can never fully know.
- We can’t control everything. Truth is, aside from our thoughts and how we may react in a particular moment, we really can't control anything at all; not even our own breathing.
- There is always someone better.
- There’s no winning in life.

How do you know if someone is mature or not?

- Not clinging to materialistic items or bragging.
- Making sacrifices for the good of others without resentment.
- Standing up for fairness and justice for yourself and others and choosing to do the right thing.
- Accepting, liking, and loving yourself, not needing someone else to "complete" you.
- Passing up instant gratification in favor of long term benefits.

- Recognizing that which does not work in your life and making an effort to do something different.
- Having humility and laughing at yourself.
- Knowing there is always room to grow and improve and reaching out for help.
- Finding joy in the success of someone else, not envy or criticism.
- Encouraging and being supportive of others.
- Thinking before acting and having good manners, not going off half-cocked, lashing out, or being rude.
- Being able to turn the other cheek without wishing harm on another.
- Sharing your good fortune with others.
- Doing good deeds even when there is nothing in it for you other than knowing you helped, being selfless.
- Helping yourself, not just expecting others to do it for you out of a sense of entitlement.
- Being calm and peaceful, not desperate, frantic, or irrational.
- Having forgiveness and compassion for yourself and others.
- Being grateful and gracious, not complaining.
- Not taking everything personally, getting easily offended, or feeling the need to defend, prove, or make excuses for yourself.
- Being aware and considerate of others as opposed to being self-absorbed, self-centered, and inconsiderate.
- Listening more and talking less.

- Realizing how much you don't know.

Some Unwritten Rules Of Everyday Life

1. Never put the milk back in the fridge with just one drop left.
2. When you're going to someone's house for dinner or a party show up a few minutes late.
3. Never ask someone if they're pregnant.
4. No talking at the urinal.
5. If someone holds the door open for you, don't leave them hanging there if there are more people coming.
6. If an awkward silence happens, don't point it out.
7. Replace the toilet paper when it runs out.
8. If someone shows you a picture on their phone, don't swipe.
9. Don't make small talk in the lift.
10. There's no need to be rude to waiters.
11. Hand people money, don't put it down on the counter.
12. If you're sharing a hotel room, it's common decency not to stink up the bathroom.
13. If you're going to complain on social media, be specific.
14. When someone else is eating something, don't be rude about it

- Laughter is one of the best ingredients for a long-lasting friendship. This will not only make you look younger but it will also help you feel comfortable with each other's company and deal with the downright craziness.
- He/She knows you better than anyone else. You don't need to hide your emotions, because she will still feel it no matter how hard you try to conceal it.
- Without your best friend, everything is so dull. Your journey is so dreary and unexciting.
- When someone becomes part of your life, you make an effort just to spend time with her. And even if you're far from each other, you still make sure to send a text or do phone calls just to check if he or she is okay.
- Making future plans together shows that both of you knows that you are not leaving each other's life no matter what. The road trip you've been planning for years from now is going to happen any time soon.
- No matter how moody you are, your best friend still loves you and accepts you for who you are. He/She someone who knows how to make you smile and laugh in any circumstances.
- It may be good or bad habits but a real best friend knows everything about you. Your daily routine, what you do when you're bored, or what makes you mad — He/She knows them all.
- Your rudest and most vulgar insults are reserved for each other. When you get

comfortable together, saying nasty things with each other is just fine because both of you knows that it is just a sign of your affection towards each other.

- Best friends hate the same people. Some might say "love brings us together" but actually, that is not the only way to achieve "togetherness". Mutual hate also gets the job done.
- Your friends will only tell you what you wanna hear, but your best friend isn't afraid to tell you what you don't want to hear.
- A best friend is someone whom you can surprise with funny gifts without worrying about their reaction.
- Sitting together in peace and quietness without feeling awkward is a sign that you're with a real best friend, because you feel comfortable without needing to fill those silent moments with noisiness.
- A real best friend will lift you up and not drag you down. Aside from your family, your best friend believes in you and will push you to be the best version of yourself.
- A best friend is like a family, there is no need for introduction when she comes over to your house. He/she can goof around with your family without being ashamed of because everyone knows him/her.
- There is no hesitation when both of you borrow something from each other and there is no awkwardness when the bill comes. Both are genuinely generous whether it's clothes,

money, time, or even experience because best friends are like a family to you, so you don't have to be selfish with each other.

- The funny thing about having a best friend is that, you have someone you can do bizarre things with. Others might not get you and just freak out about how weird you are. However, being weird has never felt so awesome when you're with someone who has the same attitude as yours.
- You know that you can count on her when you need help no matter what the situation is. Your best friend is the first person you call or text when something great or bad happens because you know that he/she will have the same reaction as yours.
- A real best friend is someone whom you can be honest with and don't have to pretend when in front of him/her. Honesty may not get you a lot of friends but it will always lead you to the right ones.
- The inexpressible comfort of feeling safe in the hand and heart of a person is actually one of the signs that you've finally found your best friend. A friend will ask you if you're okay but a best friend will listen and will make you feel secure. They might not have the words to make you feel better, but they do have the arms to give you a hug and a heart that's yearning to see you smile again.

- Never be too soft. People will take advantage. People will dictate you if you don't speak up. Stand your ground and be firm. Always know your rights and fight for them.
- Be happy. Admire the little things that make your heart skip a beat. Different things make us happy. Do more of what makes *you* happy.
- Overthinking kills your happiness more than anything. You need to prioritize your mental health in order to live a healthy life.
- Life will bring you storms every now and again. But, that doesn't mean the sun will never rise again. The sun always rises even after a long week of rain.
- If you don't save yourself, nobody else will. You can't expect to be rescued if you deliberately keep throwing yourself in the deep end of the pool.
- Don't love everyone too deeply. Some people just don't deserve that level of VIP service.
- The *same* friends that are close to you will be the *same* friends that will stab you in the back.
- You call them family but in reality they are the ones that secretly pray for your downfall.
- Have faith in yourself because people will tell you the opposite. Nobody cares about you enough to show you the right direction in life. Listen to the advice your parents give you because sometimes they know better.
- Be financially independent. The last thing you ever want to do is rely on anyone for money.

People can never satisfy your financial needs. Therefore, work hard and know nothing comes easy in life without trying for it first.

Top Pieces Of Advice You'd Give To Your Younger Self

- *Always listen to your parents. They are always right.*
- Don't worry about what other people think of you. They are just there to bring you down and make you feel bad about yourself.
- You are so much better than you think you are
- Listen more, listen better, pay attention and remember! Many people have been there and done that and can save you some headaches—but only if you listen.
- Keep playing, laughing and having fun, don't get too serious!
- Be more assertive! Be more spontaneous.
- Tell your parents and grandparents you love them. You don't know how soon they will die.
- There's so much you don't know, but you have such a great opportunity to keep learning. Never, ever stop learning.
- Don't put off being happy. Don't be the person that says, "I'll be happy when…" Happiness is only found in the present. Now, today. Try to find some happiness in the journey of life—

don't think about the destination. It's just a wooden box.

- Do all the crazy stuff. Take the risks. They're totally worth it!
- Whatever you do, believe in yourself. You have untapped potential, and you will accomplish everything you have dreamed about. No one has the right to tell you can't do something great in your life. Don't allow them to justify their mediocre lives by destroying your dreams.
- Stand up for yourself once in a while. People will respect that.

Straight-Up Facts People Won't Swallow

- Practice makes perfect.
- Most people really don't care about you hardly at all. They have their own problems.
- People care more about what other people think than what they think themselves.
- Success doesn't happen overnight.
- Those who seek constant crowds are nothing alone.
- Geography is your destiny.
- You will never truly be happy or adequately sufficient if it involves changing.

Which tips would you give today's teens?

If you are a teenager and reading this then lucky you.

Let me give you some advice.

1. **Work hard.** Always stay on top of your schoolwork because it's important. You will need all your credits to graduate.
2. **Social media isn't worth it.** It might be helpful but in the long run, it's not helpful it won't get you anywhere in life.
3. **Read.** Always read. Doesn't matter what you read it can be newspapers, books, magazines or, anything as long as you read.
4. **Respect your parents.** Your parents are the only ones that know you better than yourself and they will do anything to see you succeed. They love you a lot so please respect them no matter what.
5. **Always be yourself.** You don't have to change for anybody.
6. **Some people are not your friends.** The people that you call your friends probably aren't your real friends they probably are just using you.
7. **Don't go out looking for love.** It will come to you.
8. **Keep your grades up.** It's really important.
9. **Don't go school for grades.** It's really makes you wise

Brutal Truth About Life That Needs To Be Said

1. **Most people won't get you**—And that's okay. You don't have to be liked by everyone. Be comfortable with who you are. You don't need acceptance by anyone but yourself.
2. **Think about your future self**—You'll probably be here in 10, 20, 30 or even 40 years from now. Just keep that in mind. How will you live now?
3. **Free things are worthless**—Don't discount yourself. Get what you're worth. Nobody appreciates things that are cheap or free.
4. **Positive people give you a lot of energy**—Make an effort to get close to people who are cheerful and positive. When you interact with certain people, you get a lot of energy. Seek them out.
5. **You only get stronger by doing hard things**—If your life is simple, you will become weak. Always do things that require serious effort. The effort alone will make you better. No matter what the outcome is. Even if you fail, you win because it makes you stronger.
6. **It's easy to get stuck**—The truth is that life is hard and we all run into obstacles. Setbacks are unavoidable. Hence, you better get used to getting punched in the face.
7. **We don't appreciate what we have**—We only look at what we *don't* have. But instead, we

should take more time to look at what we do have. Often, that’s already good enough. Want more? Go after it. But don’t forget what you already have.

10 Warning Signs of a Toxic Friendship

Friendships should be sanctuaries, filled with laughter, support, and genuine connection. But sometimes, what starts as sunshine and roses can turn into a storm of negativity and manipulation. If you're questioning a friendship, it's crucial to recognize the warning signs

1. The Spotlight Stealer: When "Me" Takes Over "We"

Conversations that constantly circle back to their achievements, successes they flaunt while brushing aside yours, and a general disregard for your joys? That's not friendship, it's an ego trip. Remember, true friendship is a two-way street, not a monologue.

2. Parental Dissension: Sowing Seeds of Discord

They downplay your parents' wisdom and influence, urging you to disregard their guidance. True friends respect your family ties, even if they don't always agree. Beware of those who try to create a rift between you and your loved ones.

3. The Love Bandit: When Friendship Turns Treacherous

Flirting with your partner or worse, actively trying to steal them? That's betrayal, not friendship. Surround yourself with those who celebrate your love, not threaten it.

4. The Negativity Cloud: Raining on Your Parade

Constant criticism, backhanded compliments, and negativity chip away at your self-esteem. Friends should be cheerleaders, not critics. If their negativity becomes your emotional burden, it's time to re-evaluate.

5. The Happiness Grinch: Success Met with Sour Grapes

Your achievements are met with indifference or thinly veiled barbs. Genuine friends celebrate your wins, big or small. Don't settle for someone who throws shade on your sunshine.

6. The Green-Eyed Monster: Envy's Ugly Head

Unhealthy envy creates a constant eggshell-walking situation. Healthy friendships encourage individual growth, not stifle it. If their success comes at the expense of yours, it's a red flag.

7. Emotional Manipulation: Playing the Guilt Trip

Guilt trips, threats of self-harm, or making you feel responsible for their well-being are huge red flags. Friends should empower you, not manipulate. Don't be held hostage by emotional blackmail.

8. The Blame Game: Never Taking Responsibility

Taking no responsibility for their actions and shifting the blame onto you creates an unhealthy dynamic. True friends acknowledge mistakes and strive to do better. Don't be their emotional punching bag.

9. The Copycat: When Imitation Isn't Flattery

Mimicking your style, interests, or even mannerisms can be flattering at first, but excessive copying indicates a lack of individuality and respect for your unique identity. You deserve a friend who appreciates you for who you are.

10. The Entitled One: Friendship with a Price Tag

Constant requests for money or favors with no reciprocation scream imbalance. Friendships thrive on mutual respect and support, not one-sided dependence. Don't be their personal ATM.

Remember one thing , You deserve healthy, supportive friendships that uplift and empower you. If you see these signs, it might be time to re-evaluate or even step away for your own well-being. You are not alone, and many resources are available to help you navigate difficult friendships. Prioritize your happiness and surround yourself with those who bring out the best in you!

Loneliness and isolation are un-natural acts

Loneliness and isolation can have detrimental effects on both mental and physical health. Here's why:

1. Mental Health Impact: Human beings are inherently social creatures, and our mental well-being often relies on social interaction. When we lack social connections, feelings of loneliness and isolation can lead to depression, anxiety, and other mental health issues.

2. Stress Response: Social interaction helps regulate our stress response. When we're around others, especially in supportive and positive social environments, our bodies release oxytocin and other hormones that counteract the effects of stress. Without this social support, our stress levels can become chronically elevated, leading to a host of health problems.

3. Physical Health: Studies have shown that loneliness and social isolation can have a profound impact on physical health as well. People who are lonely tend to have weaker immune systems, higher blood pressure, and increased inflammation, all of which contribute to a higher risk of developing chronic illnesses such as heart disease and diabetes.

4. Evolutionary Perspective: From an evolutionary standpoint, humans have evolved to thrive in social groups. Throughout history, our survival has depended

on cooperation and social bonds within communities. As such, socializing is deeply ingrained in our nature.

5. Brain Function: Social interaction stimulates various regions of the brain associated with reward, empathy, and emotional regulation. When we engage in meaningful social connections, our brains release neurotransmitters like dopamine and serotonin, which contribute to feelings of happiness and well-being.

In summary, loneliness and individuality go against our natural inclination for social connection, which can have significant negative effects on both our mental and physical health. Conversely, socializing and maintaining strong social connections are essential for our overall well-being, reflecting a fundamental aspect of human nature.

07 Well-known psychological facts about human beings

1. Humans are social creatures, seeking connection and forming complex relationships with others.

2. The human brain is highly adaptable, allowing for learning, problem-solving, and creativity throughout life.

3. Humans require a balanced diet, containing essential nutrients, to maintain optimal health.

4. Sleep is crucial for overall well-being, as it supports physical and mental functions.

5. Human emotions, such as joy, sadness, fear, and anger, play a significant role in shaping behavior and experiences.

6. Humans have a natural instinct for self-preservation, leading to the development of various safety and survival mechanisms.

7. Cultural diversity exists among humans, leading to a wide range of traditions, languages, and belief systems across the globe.

What psychological trick changed your life?

Here are 12 tricks I learned from the book '*12 rules for life an antidote to chaos*', written by psychologist Jodan B Peterson. These life rules really help me a lot:

1: Stand Up Straight With Your Shoulders Back

If you present yourself as defeated, then people will react to you as if you are losing. If you start to straighten up, then people will look at and *treat* you differently.

So, attend carefully to your posture. Quit drooping and hunching around. Speak your mind. Put your desires forward, as if you had a right to them — at least the same right as others. Walk tall and gaze forthrightly ahead. Dare to be dangerous. Encourage the serotonin to flow plentifully through the neural pathways desperate for its calming influence.

2: Treat Yourself Like Someone You Are Responsible for Helping

We deserve some respect. You deserve some respect. You are important to other people, as much as to yourself. You have some vital role to play in the unfolding destiny of the world. You are, therefore, morally obliged to take *care* of yourself. You should take *care* of, *help* and be good to yourself the same way you would take *care* of, *help* and be good to someone you loved and valued.

3: Make Friends with People Who Want the Best For You

This is similar to the idea that you become the average of the five people you spend the most time with.

Don't think that it is easier to surround yourself with good healthy people than with bad unhealthy people. It's not. A good, healthy person is an ideal. It requires strength and daring to stand up near such a person. Have some humility. Have some courage. Use your judgment, and protect yourself from too-uncritical compassion and pity.

4: Compare Yourself to Who You Were Yesterday, Not Who Someone Else is Today

We only see what we aim at. The rest of the world (and that's most of it) is hidden. If we start aiming at something different—something like I want my life to be better"—our minds will start presenting us with new information, derived from the previously hidden world, to aid us in that pursuit.

Then we can put that information to use and move, and act, and observe, and improve. And, after doing so, after improving, we might pursue something different, or higher—something like, I want whatever might be better than just my life being better." And then we enter a more elevated and more complete reality.

"What could I do, that I would do, to make Life a little better?"

Keep These 08 Things In Your Mind!

1. Physical appearance matters. It may sound harsh but it is true. Pretty privileges exist.
2. In today's world only talent won't help you. You have to build connections and use each and every possible resource without hesitation to move forward.
3. There will be many situations in life where you won't be clearly able to differentiate between black and white. Something's is meant to be gray.

4. We are all sophisticated animals. Hungry animals waiting to pray. Either eat or get eaten
5. The things which you have are dirt and the things which you don't are gold.
6. Love the shit out of yourself.
7. Never ever underestimate the value of a degree. Most of us are ordinary people and to make ends meet you gotta grind.
8. Most of us fall in love with a routine. We love the predictability of it. It gives us a sense of control...a sense of power.

Social Connections Are Necessary For Us

Social connections play a crucial role in various aspects of life, including knowledge, politics, economics, and culture:

1. Knowledge Sharing: Social connections facilitate the exchange of knowledge and information. Through conversations, collaborations, and networking, individuals can learn from each other, share ideas, and gain new insights. This exchange of knowledge is essential for personal growth, innovation, and the advancement of society as a whole.

2. Politics: Social connections are integral to politics as they shape networks of influence, support, and collaboration. Political leaders rely on social connections to build coalitions, garner support from constituents, and

negotiate with other stakeholders. Additionally, social connections within communities help foster civic engagement, activism, and grassroots movements.

3. Economics: In economics, social connections play a significant role in shaping business relationships, investment decisions, and market dynamics. Business owners and entrepreneurs rely on social networks to access resources, find opportunities, and build partnerships. Moreover, social connections can influence consumer behavior, as individuals often seek recommendations and trust the opinions of their social circles when making purchasing decisions.

4. Culture: Social connections are central to the formation and transmission of culture. Through social interactions, individuals share values, beliefs, traditions, and practices that define their cultural identity. Social connections within communities foster cultural cohesion, solidarity, and a sense of belonging. Additionally, cultural exchange between different social groups enriches diversity, fosters understanding, and promotes cultural innovation.

In summary, social connections are essential across various domains of life, including knowledge sharing, politics, economics, and culture. They facilitate collaboration, influence, and collective action, shaping the way we interact, learn, govern, conduct business, and express our identities.

1. **Income Inequality:** Income inequality is a pressing issue that affects societies globally. The gap between the rich and the poor has widened, resulting in disparities in education, healthcare, and economic opportunities. The concentration of wealth among a small segment of the population exacerbates social and economic inequalities, hindering the potential for upward mobility.
2. **Systemic Racism and Discrimination:** Systemic racism and discrimination persist despite advancements in civil rights. Structural biases within institutions and policies disproportionately impact marginalized communities, hindering equal access to opportunities. Addressing these deep-rooted issues requires ongoing efforts to dismantle discriminatory systems and promote inclusivity.
3. **Environmental Exploitation:** The environmental impact of human activities, such as climate change, deforestation, and pollution, poses significant challenges. Certain industries engage in practices that harm the environment for short-term economic gains. Striking a balance between economic interests and environmental sustainability is crucial for the well-being of future generations.
4. **Corporate Influence on Politics:** The influence of powerful corporations on political decisions raises concerns about the integrity of the

democratic process. Lobbying, campaign contributions, and corporate interests can sometimes take precedence over public welfare, prompting discussions about the need for increased transparency and regulations.

5. **Digital Privacy and Surveillance:** In the digital era, concerns about privacy and surveillance have become increasingly prominent. Governments and corporations collect vast amounts of personal data, raising ethical questions about its use. Striking a balance between national security and individual privacy is an ongoing challenge that necessitates careful legislation and oversight.
6. **Mental Health Stigma:** Despite growing awareness of mental health issues, stigma persists, preventing many individuals from seeking help. Societal attitudes contribute to a lack of open dialogue, making it challenging for people to discuss their mental health openly. Eradicating this stigma involves education and advocacy to foster a more compassionate and understanding society.
7. **Healthcare Disparities:** Access to healthcare remains unequal, influenced by socioeconomic factors and systemic barriers. Disparities in healthcare contribute to poorer health outcomes for marginalized communities. Achieving healthcare equity requires addressing social determinants of health and implementing policies that ensure equal access to quality care.

8. **Global Displacement and Refugee Crisis:** The global displacement of populations due to conflicts, persecution, and environmental challenges has led to a significant refugee crisis. Refugees and migrants often face inadequate living conditions and limited opportunities. Addressing this crisis requires international collaboration, compassion, and policies that prioritize the well-being of displaced individuals.
9. **Educational Inequities:** Disparities in educational opportunities persist, impacting individuals from lower socioeconomic backgrounds disproportionately. Access to quality education is crucial for breaking the cycle of poverty. Efforts to address educational inequities involve reforms in educational policies, resource allocation, and community engagement.
10. **Corruption in Institutions:** Corruption within institutions remains a dark secret in many societies, eroding public trust and hindering social progress. Transparency and accountability are essential to combat corruption, and fostering a culture of integrity within institutions is crucial for building a just and accountable society.
11. **Modern-Day Slavery:** Human trafficking and modern-day slavery persist in various forms worldwide. Vulnerable populations, including women and children, are often exploited for labor or sexual purposes. Combating modern

slavery requires international cooperation, law enforcement efforts, and advocacy for the rights of victims.

12. **Access to Clean Water and Sanitation:** Access to clean water and sanitation remains a significant challenge for many communities, particularly in developing regions. Limited access to these basic necessities contributes to health problems and perpetuates cycles of poverty. Addressing this issue involves infrastructure development, public health initiatives, and international collaboration to ensure universal access to clean water and sanitation.

Humans Are Unequal

The inequality among humans in various aspects such as thinking, knowledge, physical attributes, culture, finances, and religion can be attributed to a combination of factors:

1. Genetics and Biology: Differences in genetic makeup and biological factors contribute to variations in cognitive abilities, physical characteristics, and health outcomes among individuals. Genetic inheritance plays a role in determining traits such as intelligence, athleticism, and susceptibility to certain diseases.

2. Environmental Factors: Environmental influences, including upbringing, education, socioeconomic status, access to resources, and exposure to different cultures

and belief systems, also shape human inequality. Individuals raised in environments with limited educational opportunities or economic resources may face barriers to acquiring knowledge, achieving financial stability, and accessing healthcare.

3. Social Structures and Systems: Social structures, institutions, and systems of power and privilege contribute to inequality within societies. Historical factors such as colonization, slavery, discrimination, and systemic oppression have led to disparities in wealth, education, employment opportunities, and access to political and social rights based on factors such as race, ethnicity, gender, and class.

4. Cultural and Religious Diversity: Human societies are characterized by diverse cultural and religious beliefs, practices, and traditions. Differences in cultural norms, values, and worldviews contribute to variations in social behaviors, identities, and interpretations of reality. Cultural and religious diversity can lead to inequalities in social status, access to resources, and opportunities for social mobility.

5. Globalization and Global Inequality: Globalization has led to interconnectedness and interdependence among nations, but it has also exacerbated disparities between wealthy and impoverished regions of the world. Economic globalization has contributed to uneven development, exploitation of labor and natural

resources, and widening income inequality on a global scale.

6. Historical and Structural Legacies: Inequality is often perpetuated by historical and structural legacies that disadvantage certain groups while privileging others. Persistent inequalities based on race, gender, ethnicity, caste, and other social identities are deeply rooted in historical injustices and continue to manifest in contemporary society through systemic discrimination and marginalization.

Overall, human inequality is a complex and multifaceted phenomenon resulting from a combination of genetic, environmental, social, economic, cultural, and historical factors. Addressing these inequalities requires comprehensive and systemic approaches aimed at promoting social justice, equity, and inclusion across all domains of human life.

Effective ways to become a mentally strong person

1. Stop worrying about what other people think of you.
2. Stop thinking that everyone is better than you.
3. Stop complaining when things don't go according to plan.
4. Stop giving up at the first sign of adversity.
5. Stop waiting for someone to fix your problems.

6. Stop making other people responsible for your happiness.
7. Stop ignoring the fact that soon you will be dead.

Interesting And Astonishing Fact About The Human Psychology

1. People with a low esteem are more likely to criticize others.
2. A person usually blames another person but usually it's the situation to be blamed.
3. Human memory is only able to retain 10% of what it hears.
4. Smarter people underestimate themselves. Ignorant people overestimate themselves.
5. People who oversleep tend to crave for more sleep.
6. 70% of your dreams contain secret messages. They carry more weight and meaning than our conscious thoughts.
7. "Androphobia" is a fear of men.
8. Felling ignored causes same chemical effect as that of physical injury.
9. Your brain treats rejection like a physical pain. That is why it's hard to handle rejection.
10. Your decisions are more rational when they're thought in another language.
11. Convincing yourself that you slept well, tricks your brain into thinking it did.

12. People with many friends live 3.7 years more than those who are isolated.
13. The most common mental illnesses are anxiety and depression.
14. People fascinated by serial killers are better conversationalists.
15. People who understand sarcasm well are often good at reading people's mind.
16. Pentheraphobia is a fear of mother-in-law.
17. In shops women focus more on hangers and shelves where clothes are in disorderly state.
18. People who spend more time in the sun are likely to be happier.
19. The way you dress is linked with your mood, so dressing well most often helps in keeping you happier.
20. Friggatriskaidekaphobia is a fear of Friday.
21. The average length of time that a women keeps secret is 47 hours 15 minutes.
22. Didaskaleinophobia is a fear of school.
23. Tired people are usually the most honest.
24. Singing reduces anxiety and depressions.
25. "Synesthesia" is a neurological condition that can cause person to see, smell and taste music.
26. Arachhibutyrophobia is a fear of peanut butter sticking to your roof of the mouth.

As An Old Student, Things Can Do To School

1. Most students in school are unaware of the career options they can pursue unless they go for some expert counselling which is not very common everywhere. You can organize some Knowledge Transfer sessions or workshops for the students of senior wing.
2. If possible, you can suggest the school management for a number of innovative activities on small scale. This can include brainstorming sessions, hackathon type activities for computer students.
3. Advise the management or if possible, develop some online forum where the school students can openly ask about subjects, syllabus or other activities of the school.
4. Become an alumni member of the school and assist them in several activities. If you are good at something, you can help students in your free time. This can involve sports, dramatics or other activities.

Dont waste time on in your twenties

1. Partying.
2. Spending too much.
3. Having many relationships.

4. Not looking after one's health, including mental health.
5. Ego. Wanting to impress others.
6. Not travelling.
7. Not finding peace with the way things are.
8. Not dealing with issues.
9. Anything that means getting into debt.
10. Living in the past or future.
11. Not learning from past experiences.
12. Not striving to become a more open-minded and charismatic person each day.
13. Not learning to be happy despite of things.
14. Not growing.
15. Not changing.
16. Not becoming a better version of oneself each and every day.

Simple Rules That Makes Life Better

1. Be reasonable. Look at things from many different perspectives.
2. Be open-minded. Don't cling onto beliefs so much. Life is better lived learning.
3. Be humble and kind. Be charitable.
4. Be calm.
5. Be happy with what you have.
6. Grow in silence and appreciate things for what they are.
7. Let go of old thoughts - welcome in new thoughts.

8. Live honestly.
9. Write when you can. Read when you can.
10. You are on your own path. Make use of it, network, meet people.
11. Meet many different kinds of people, learn from them.
12. Be independent, strive to be a better and more charismatic person each day.
13. Discipline, wit, talent, charisma, whatever you want to call it, have it!

Way To Make Life Happy

1. Live and let live.
2. Life is long, time is short, use both!
3. Accept mistakes, grow from them and move on.
4. Accept people as they are.
5. Surround yourself with good friends and family.
6. Find happiness in your day-to-day, no matter how small it might feel like.
7. Have charisma or wit, take things lightly.
8. Be humble, stay grounded, make sure you're happy with what you choose daily.
9. Don't stress too much as things tend to come together on their own.
10. Be there for yourself first and foremost, only then you can give back to your community and share happiness.
11. Share happiness when you can. Meaning, be light-hearted, make jokes, be present.

12. Find peace, forgive, forgive yourself, be at ease.
13. Share stories when you can.
14. Avoid negativity. Avoid bitterness. Avoid envy and jealousy.
15. Drink water, exercise, keep your body and mind healthy. Only when you're healthy you can be happy.

How pro-activeness is harmful at some time?

While proactiveness is generally seen as a positive trait associated with taking initiative, being prepared, and anticipating future needs or problems, it can sometimes lead to negative consequences in certain situations. Here are a few ways in which proactiveness can be harmful:

1. Over commitment: Proactive individuals may take on too many responsibilities or commitments, leading to overwhelm, burnout, and a decline in overall well-being. Constantly seeking to address future challenges without considering current capacities and limitations can result in overextension and exhaustion.

2. Micromanagement: Proactive behavior, when taken to an extreme, can manifest as micromanagement, where individuals excessively control or interfere with the work of others. This can undermine trust, autonomy, and collaboration within teams, leading to resentment, reduced morale, and decreased productivity.

3. Premature Action: Being overly proactive may lead to premature decision-making or action without sufficient information or consideration of alternative options. Rushing into decisions without thorough analysis or deliberation can result in costly mistakes, missed opportunities, and unintended consequences.

4. Ignoring Present Needs: Focusing too much on future goals or challenges may cause proactive individuals to neglect current priorities, relationships, or opportunities for personal growth and enjoyment. This imbalance can lead to feelings of dissatisfaction, disconnection, and a lack of fulfillment in the present moment.

5. Creating Unnecessary Stress: Constantly anticipating future problems or striving for perfection can create excessive stress and anxiety. Proactive individuals may experience heightened pressure to perform, fear of failure, or a constant sense of urgency, which can take a toll on mental and physical health over time.

6. Interfering with Innovation: In some cases, excessive proactiveness may stifle creativity and innovation by adhering too rigidly to established routines, processes, or ways of thinking. A hyper-focus on efficiency and predictability may discourage experimentation, risk-taking, and the exploration of new ideas.

Overall, while proactiveness can be a valuable asset in many contexts, it's essential to strike a balance and recognize when it may be counterproductive or detrimental. Practicing self-awareness, setting realistic

priorities, and maintaining flexibility are key to harnessing the benefits of proactiveness while mitigating its potential drawbacks.

What is usually considered husband material?

1. Those who tease/criticize you, lovingly.
2. Someone, who compliments you every day and means every word.
3. Someone, who doesn't give you the silent treatment if you do something wrong.
4. He forgives you again and again but that doesn't mean he should be taken for granted.
5. He knows you're beautiful on the outside, but he compliments you more on how beautiful you are as a person.
6. He doesn't mind if you don't look beautiful all the time. It takes effort and he acknowledges you just the way you are.
7. He respects you and your decisions. He respects your family and what you love. If a man sincerely respects you, he is a keeper.
8. He will be deeply hurt/bothered if you're sad or feeling down for whatever reason. Some men don't show this but if he truly cares, he will be sensitive to your emotions and needs.
9. He will be a great motivator. You will not only learn from him but come out far stronger as a person.

10. He will not fail to make you feel safe. He will do everything in his power to make you feel at ease.
11. He will show affection. He will hug you, kiss you, spoil you and make you feel like the most loved human being on this planet.
12. He will never raise his voice or degrade you for your thoughts and opinions. He will listen attentively to everything you have to say.
13. Those who are loyal to the core. No other woman can tempt them because they are so deeply in love with their woman.
14. Those who keep the house clean, and don't refuse to help around the house. It's not about sitting there while she does everything. If you care, help out even if it's small. Make your house a home together.
15. A man who doesn't pressurize you into having sex with him. Marital rape will not only damage the person themselves but will ruin the relationship altogether.
16. He communicates with you regularly about his work, problems and interests. And, vice versa. The key to any relationship flourishing is in strong communication. It opens barriers and makes you understand each other better.
17. A man who isn't afraid to show his weaknesses to you. No man is perfect. Therefore, men who show their weaknesses are displaying that they are human too. A man should be encouraged and loved regardless of his downfalls. Every strong man has his weaknesses.

18. Honesty, integrity and having morals are essential. Someone who knows their boundaries and has his principles is more likely to make a good life partner as opposed to someone who doesn't have such qualities.
19. A man who is clear with his intentions. If he is confused and has no direction in life, it will only make you confused too. Know what a man wants and what he is trying to achieve. It is better to have clear intentions rather than to freewheel through life.
20. Someone who doesn't demand anything from you, and instead loves to give. Demanding will make *them* miserable and drain *your* happiness. As Sri Sri states, "whomsoever you choose as your life partner, contribute towards their life, and don't demand anything."

What should everybody know?

1. Ups or downs. Victories and defeats. Sadness and happiness. That's the best kind of life - Maxime Lagace
2. Once you learn how to create your own happiness, no one can take it from you. -Robert Tew
3. You don't inspire people by how perfect you are rather by how you deal with your imperfections. -Robert Tew

4. You cannot demand a certain type of love because people love in different ways. We need to learn to accept all types of love we recieve.
5. Feelings will drive you around for hours until they drop you right back to where you started. -Blair Waldorf.
6. In some people, we see our future. In others, we find a reason to live. But, we only realise this when time has passed.
7. One thing you cannot hide is when you are crippled inside.
8. Seasons will change. Clothes will change. But, you will not change until you learn from your mistakes.
9. Teach your children to be strong so they do not crumble as grown men.
10. Your life will always be chaos if there is chaos in your soul. -Deavita
11. Hold the vision, trust the process.
12. Those who made you weak ultimately made you strong.
13. A broken heart was once full of laughter.
14. The wound is the place where light enters you. -Rumi
15. You have a mind and a heart and a pair of eyes. Yet you follow the crowd blindly. Why?
16. True success is the freedom to educate yourself.
17. Choose your *journey* wisely.
18. Most people want to know if you really care. All they want to see is effort.
19. If you have anxiety, it's not your fault. Anxiety makes you feel like something is out of place,

and when you can't find what it is, you begin to think it's *you*. -Rachel H.

What is the harsh truth of life?

1. What you think matters. What others think doesn't matter.
2. You've got to accept your circumstances and learn to work with them instead of against them. It's tough, very tough, but worth it. Opportunity is everywhere every day, it's up to us to make use of it.
3. People will judge you no matter what. It's okay to be judged, it's part of life. There is no harm as long as one is content with their own life.
4. It's also okay to lose people along the way. Not everyone is meant to stay. Even you.
5. Money matters but past a certain point it becomes useless. Living racing after money is not worth it.
6. It's not lonely or bad to spend time on your own. It's lonely out there if you're chasing after people never understanding needing space for yourself.
7. There is always going to be someone better than you and that is not a bad thing. We all have our gifts and talents that we give to the world. It's best to accept it and move on.
8. Some things will not work out. That's just the flow of things. There is no straight path,

everyone has got their own battles to live through. So, enjoy the ride instead of resisting it.

9. Bitterness, jealousy, envy and emotions of that sort are a waste of time.
10. What will get you far is discipline. Wit is cool too. That's it. In the end it's about who really wanted to get somewhere and who didn't.
11. When life gets tough, remember: tough times never last, tough people do.
12. Life isn't a competition in of itself but it is full of competition. There is no one living who is not competing for something. Some competitions are rough, some are easy to withstand. So, learn to be okay with competing, it's part of nature.
13. Don't buy into too many illusions. They will tell you your best days are your 20s, you get married by 28, have children by 28, have a house by 28, set career by 28, live happily ever after by 28. You're expected to run through your 20s checking off a plethora of milestones even though these steps on their own aren't fulfilling. Some of them are traps. So, live your life the way it ends up uniquely folding out for you.

Why Social Intelligence Is Necessary?

Social intelligence, often referred to as "SQ," is the ability to understand and navigate social situations effectively. While IQ (intelligence quotient) and EQ (emotional intelligence) focus on cognitive and emotional abilities,

respectively, social intelligence encompasses a broader range of interpersonal skills and social competencies. Here's why social intelligence is necessary alongside IQ and EQ:

1. Interpersonal Relationships: Social intelligence is essential for building and maintaining healthy relationships with others. It involves skills such as empathy, communication, conflict resolution, and cooperation, which are crucial for forming meaningful connections, resolving conflicts, and collaborating effectively in various personal and professional settings.

2. Teamwork and Collaboration: In today's interconnected world, success often depends on the ability to work collaboratively with diverse groups of people. Social intelligence enables individuals to navigate team dynamics, build rapport, and foster a sense of trust and cohesion within teams, leading to enhanced productivity and collective achievement.

3. Leadership Effectiveness: Effective leadership requires more than just high IQ or EQ; it also demands strong social intelligence. Leaders with high social intelligence excel in inspiring and motivating others, communicating vision and goals, and building consensus among team members. They possess a deep understanding of group dynamics and are adept at fostering a positive organizational culture.

4. Negotiation and Influence: Social intelligence plays a crucial role in negotiation and persuasion. Individuals with strong social skills can assess the needs and motivations of others, adapt their communication style to different audiences, and negotiate win-win solutions that satisfy all parties involved. They understand the power dynamics at play in social interactions and can leverage this understanding to influence outcomes effectively.

5. Cultural Competence: In today's multicultural society, cultural competence is increasingly important for navigating diverse social landscapes. Socially intelligent individuals demonstrate respect, openness, and sensitivity toward different cultural perspectives, allowing them to connect with people from various backgrounds and bridge cultural divides.

6. Adaptability and Resilience: Socially intelligent individuals are adept at adapting to changing social contexts and navigating unfamiliar situations with ease. They possess the flexibility and resilience to overcome social challenges, bounce back from setbacks, and thrive in dynamic and uncertain environments.

In summary, while IQ and EQ are important predictors of success, social intelligence complements these abilities by equipping individuals with the interpersonal skills and social competencies needed to navigate complex social environments, build meaningful relationships, and achieve their goals effectively.

What life lessons do you live by?

I've learned two incredibly important lessons;

1. Life is lived from the inside out not the other way around. Meaning, what you put inside yourself, how you carry yourself, how you speak and view yourself shapes what your life is going to look like to you. Investing in oneself is therefore the most important thing one can do. It really doesn't seem like it, usually money and material things are the symbols of wealth and change. But if one has money and wealth but no good habits, no good mind, no good life, then all the things one has worked for become irrelevant. So, to make oneself the ultimate goal, to continuously grow, change and adapt is really key to staying happy, content and fulfilled.
2. I like the viewpoint that everything is about interpersonal relationships. Someone who struggles with relationships is also someone who struggles with other spheres in life. How do I know? I know because I have been there. Isolated myself. Didn't see the point in maintaining friendships. Heavily criticized people for what they were. Saw only flaws. I didn't realize I was doing it. I can see it now. It's better to be someone who can be relied upon. Someone who shows up. Someone who takes responsibility. These things learned in

interpersonal relationships translate into everything else in life. I find it fascinating that it does. Things always end up being connected, there aren't acts or words that aren't. And it's also usually the simplest and littlest things that matter. So, changing from the inside out, again truly makes the difference.

Make Brain Sharper, Smarter, And Lightning Fast

1. Learn to see everything in terms of opinions and facts. You don't need to spend hours reading if you understand what the author is trying to get across. Once you have the essence of the idea you're good to go. This also proves well when learning. It's always about the idea, never the way that is used to describe or to explain the idea.
2. Learn to condense information into a few words. Everything that can be said, can be said simply (Ludwig Wittgenstein). Meaning you take complex information and put it into key terms. Complex into simple. This way you learn to understand and understand well.
3. Whilst you learn, also train your language. Try to write out your thoughts every day. Get better at it, get quicker at it, get a new life skill.
4. Learn every day, whether that translates into life lessons or specific subject matter.

5. Try reading something you're not versed in. Difficult. Do that more often.
6. Stay open to new ideas, places and people. Learn from them. Have your brain re-wire around these ideas, places and people.
7. Never ever shut down. There is no point in becoming complacent or adhering to a very closed-off belief system. Make sure you're always learning or else you will come to regret it at some point or another.
8. Be on the way to find and act in accordance to truth. You can't go wrong being truthful, you can only learn, get smarter and quicker.

10 things we should never do

1. Never stop reading. Never stop writing. Never stop exercising. Never stop learning.
2. Never change yourself to fit into someone else's picture of you.
3. Never trust negative emotions. They are always wrong. Don't pick the wrong glasses to see through. The way you see things matters most. Bitterness, jealousy and fear aren't worth it. Why pick something bad when you can pick something good?
4. Never not build your self-esteem.
5. Never not be content with your decisions.
6. Never see yourself in a bad light. Respect yourself and treat yourself nicely.

7. Never let yourself stagnate and spiral down wrong paths.
8. Never forsake education.
9. Never take things for granted.
10. Never let anyone tell you how to move and see in this world.
11. Never trust this answer. See for yourself.

Something You Have To Do Every Day

1. Sense if there are any mind games going on. What thoughts are running on automatic?
2. Eat a big breakfast with a nice coffee.
3. Write. Read. Do sports. Stay grateful. Keep happy.
4. Make sure you are feeling, maybe not your best, but well enough.
5. Keep calm. Don't stress out!
6. Keep cheerful. Try to see life from different perspectives and maybe that of a child if you're wanting to hold on to a sense of happiness within you.
7. Be disciplined with whatever you chose to do in life.
8. Ask your parents how they are doing.
9. Keep everything around you neat and tidy.
10. Be creative and find creative opportunities every day.

Daily Routine That Will Improve Life

1. **Keep checking in with your mind.** Many problems occur within the mind but not within our realities. Meaning sometimes it's just a mind game. A sick mind makes it seem like everything you do is a a problem; a healthy mind can live in a state of calm- and easiness. Reaching that state is easier said than done but it requires only living and living fully.
2. Keep reminding yourself **to live your life on your own terms** no matter what happens. Don't fall for constant comparison and competition. A little amount is healthy but living for other people just isn't worth it.
3. **Try to start out and end your days with calmness.** Calmness births creativity. Creativity births new lives. Sounds odd but it is true. Once you feel like you can be creative or have a creative outlet you get a new sense of self-esteem. It is surprising how much life can change when you find your passion. And it all starts out with finding calmness.
4. Write a lot. Do sports.
5. **Don't live by the past.** Never think in the terms of "I am because this and that happened" or "I am because I did". Instead see yourself in the now, you are because well, you are. It might seem dumb but it really isn't. Living by the past is a terrifying constraint, don't fall victim to it.
6. **Decisions are important.** The decisions we make every single day end up shaping our lives. Try to become more aware of the decisions you

make every single day. One decision, one habit, one outlet can change the outcome of your life.

7. **Make sure you're doing well and are content majority of the time.** Life is too short to spend it miserable or in toxic company.

What did you learn too late in life?

1. **A lot is mental.** Meaning we all create our reality whether we'd like to or not. All the decisions we make stick and lead us down a certain path. It's true when they say 99% of your life is going to be about how you react to it.
2. It's important to **stay kind**, forgiving and respectful. These are qualities one needs to maintain and cultivate.
3. Self-sabotage is as bad as being toxic. **Respect yourself**. Learn to be yourself at all times.
4. **Try to build upward spirals every day.** Meaning try to be good and do good every day. This will create little spirals of goodness which end up gifting us beautiful lives.
5. **What matters most is inner peace.** Inner peace is joy and can be found within us at all times.
6. **Stay simple and realistic** but don't lose your drive to want to be a better version of yourself.
7. Acceptance is hard but is what one ought to do.

8. Not all people are going to have your best interests at heart and that is okay. **Learn to co-exist** with all kinds of people. Don't burn bridges.
9. **Care for yourself** like you would care for a child. Befriend yourself. If you're happy with who you are you will have 99% figured out.
10. **Sometimes things will not go as planned.** It's not so much about the plan but about the results. So, if anything happens, stay grounded and life will show you the way.

Know Before Turning 25 Years Old

1. **Be there for yourself.** Take care of yourself, stand up for yourself.
2. **Be yourself.** Don't try to change your personality in order to fit in. The status that you earn is easily lost. It doesn't matter where you think it's going to lead you, as long as you're not yourself, you will be unhappy.
3. **Let change happen.** Change is going to happen a lot in your life. Life really is an experiment; it takes you along a great stroll. There isn't a "you made it" sign at the end of it (also no end). So, stay adaptable.
4. Health is wealth.
5. Life isn't only a competition. It doesn't matter who gets anywhere first even when it seems like it.

6. From now on you should be realizing how short life is… so make use of it.
7. Keep a bit of a childish perspective with you. It will keep you happy.
8. Not every friendship is going to make the cut to adulthood, which isn't a bad thing.
9. **Keep moving forward no matter what.** At times it will seem like it's not worth it but you will live on to remember that it always is!

What are your top travel tips?

1. Don't be afraid to branch out and meet people.
2. Work and travel at the same time. Why not find work in a foreign country? If you're wanting to travel but the money isn't enough you could find an opportunity to combine the two.
3. There is a gigantic difference between traveling prepared and unprepared. I enjoyed both but if you're looking for less stress, **be prepared.**
4. Try out new things, learn about cultures, learn about different ways of living. **Collect stories to tell.** It's the most fun part about traveling.
5. **Try to stay open and welcoming.** Share it with the world. You never know where life could lead you.
6. **Don't see your vacation or travel experience as a contest.** It doesn't matter who's got the best pictures or who's seen the most. As long as

you're happy with what you chose, you're good to go.

7. **Try traveling solo sometime**. You will be surprised at how inspiring it is.
8. **Try to stay grateful during your trips.** Not many people get to go travel.
9. **Try to be cheerful,** looking at the world as a child would. Don't miss out on wearing this lens, it's the secret to staying happy.

Best Way To Improve Life

1. Don't compare yourself. Everyone has got their own story to tell and so do you.
2. Reading writing, and staying happy with yourself.
3. Establishing boundaries when you need to.
4. Staying positive about what life has got to offer you.
5. Trying out new things every month or so.
6. Keeping up with your health.
7. Not falling victim to bitterness, hate or other negative emotions.
8. Finding peace.
9. Learning to "just keep swimming" no matter the weather.
10. Accepting people for who and what they are. Accepting yourself.
11. Learning something new every day even if its teeny tiny.

12. "Be a friend to get a friend"
13. Keeping your home clean.
14. Whether your surround yourself with many people or none is up to you. Do what makes you feel good about your life.
15. Don't follow protocol but do stay disciplined.
16. Last but not least, stand up for yourself. Don't let people's opinions rule over your life.

I'm 20 years old. how can I improve myself every day?

1. I am 22. If I could restart my twenties I would say:
2. When deciding for college, don't solely look at the status or the money a job can get you. The money is important but so is your well-being and mental health. The great resignation that is going on truly reflects society at this very moment. Not many people are happy with their jobs so decide more wisely. It's going to hit you like a ton of bricks at some point or another.
3. Be more specific about your plans. Look at society and life realistically and find some of your own skills and hobbies to market.
4. You're going to go through tough times so keep that in mind, education is important. Be more disciplined.
5. You're going to experience both tolerable and toxic workplaces. And you're probably going to

switch jobs more than once until you find yourself. Make sure you can stay open to what life's got in store for you.

6. Don't forget to build good relationships. Work is work, it won't fulfill you. Good friends however will.

10 things do every day to become smarter

1. **Read**.
2. **Surround yourself with positive people.** They don't need to be smart or smarter. They could be positive, hard-working, disciplined. As long as you surround yourself with people who have their own view and thinking, you've successfully surrounded yourself with good people.
3. **Write**. Try out writing every day. It helps you keep things in perspective. I think, therefore I am. How about, I write, therefore I am. It's a fun twist to explore.
4. **Don't quit social media**. I quit social media for a few months and while it had its positives, it also came with a few drawbacks. In today's world it's important to stay connected. It's enough to make sure one doesn't spend too much time on social media. But why quit if you can use it for good?
5. **Learn to tell stories.**

6. Talk to as many people as you're willing to do. **Be open, stay open, stay learning.**
7. Think! **Don't live your life on autopilot.**
8. **Stay on your own path.** Ask yourself where you're wanting to be in a few years and try to work towards that instead of following the crowd.
9. Learn to **be happy** no matter the outcome.
10. Learn to **face your fears**, instead of avoiding them. It's tough and difficult but it is indeed what keeps you moving forward!

What do you know that most people don't?

1. You don't need to know much in order to succeed in life.
2. All starts with the mind, if the mind isn't trained, the life isn't trained. This isn't about knowing but believing and doing.
3. We are all able to be creative - it's just a matter of allowing creativity in our lives. Without creativity there is little room for success.
4. A life void of mistakes is a life void of growth.
5. Most of the time my fear is stopping me from branching out and e.g. doing something more on social media. What is it that stops you?

Good Piece Of Random Advice

1. Read.
2. Life can make it look like you're on top of it. **Stay grounded instead.** You never know what is waiting for you.
3. **Everything is temporary.** Try finding long-term solutions to the temporary problems life offers you.
4. Don't compare yourself. Comparing yourself will keep in you in deep misery about life. Comparing yourself is **the root of all unhappiness**. It's easier said than done but once learned, it will maximize your happiness and minimize your worries.
5. **Travel**. Seriously. If you have the opportunity to travel, take it! Travel will make you wise. It gives you the ability to see beyond **some of life's facades**

I'm trying my best to make my parents feel good for me

As per my thought, there are five main causes therefore you are still looking success to make your parents feel good for you.

1. You are not seriously doing efforts to realize them.

2. You have failed to understand your parents. Or you have lack of communication with your parents.
3. Maybe you are not doing that what your parents want.
4. You have lose your trust due repeating mistakes.
5. Don't blame others, admit your mistake in front of your parents. Don't disappointed at any stage, just continue your best efforts, if you are on right path, God will help you.

What advice would you share with someone in their 20s

1. You can learn from every person you meet.
2. Learn to value people for who they are and not their possessions.
3. Forgive more if you want to live a fulfilling life. Take chances and give chances.
4. Don't worry about the future. Make your present meaningful.
5. Productivity will always bring you contentment. Be a little more productive each day.
6. Be open-minded and genuine. Masks will eventually fall. It's better to live freely than to live in embarrassment.
7. Be very careful in who you choose to confide in. Some decisions can be very expensive.

8. It doesn't matter what others think, it's their problem. Your mind and your health will always come first.
9. Sometimes, you do what you deem is right. That doesn't mean doing something that will have consequences. Stand out from the crowd or you'll end up blindly following them.
10. Laugh a little more. This is your time to live and build memories. As you age, you will definitely realize the importance of youth.
11. If you have children at a young age, always be ready to take responsibility. Life can be like calm water but high tides can come at any point.
12. Know what you want. Know what drives you—be it career, be it family or something else. Find a reason and keep hustling.
13. Don't sleep around. Temptations can make us weak but there is no value in sleeping with strangers or people you hardly know. Respect yourself and your body so that when you actually find the 'one' you truly find love and peace. Real intimacy doesn't take place overnight, it takes a while but it's definitely worthwhile.
14. Don't be so harsh on yourself. Feeling like a failure doesn't mean you are. Feeling lonely doesn't mean you're not worthy. Having insecurities doesn't mean you're not lovable. Every person is worthy enough, valuable enough. Be you because that's who you are. If people don't like it, tough. The last thing you

want is to live your life for others having not lived at all.

15. Don't underestimate the goodness and kindness you spread. A little smile can go a long way. Sharing can make someone feel acknowledged. Positivity can enlighten people. Do more for humanity. It will make a difference.
16. Reflect daily on becoming a better individual. Avoid negative thoughts and dwell on what makes you happy. Life will pass before our eyes. You only have one shot, why waste it doing things that make you miserable?

What are the worst truths about life?

1. Awfully, we all learn very early on that a human being can break you in a few short, simple words. -Beau Taplin
2. Some days are just like volcanoes, your throat burns, your eyes sting, you feel like throwing up, you scream into a pillow. Other days you can feel the cold hands of death and horrible isolation. -unknown
3. If you let insecurity rule your heart and mind, your whole life will be a living tragedy. Learn to accept your flaws because as stated by Charles Bukowski, "If you have the ability to love, love *yourself* first."

4. Your comfort zone will always be a safe place. It's only when you step outside your comfort zone, will you learn the most valuable lessons.
5. Don't vent so much to others. People don't have the same heart as you. It's better to write things down than to share your heart with someone who just doesn't understand.
6. If you're broken and aching inside, silence will only make it worse. Do something, do something that makes you smile, so you don't have the opportunity to overthink.
7. Often, the love we readily give to people isn't reciprocated. Hence, don't love deeply as the pain too will be deep.
8. There is no point holding on to what broke you. The freedom is in letting go.
9. You can't control what happens in your life, but you can control how you respond to those situations.
10. It's the words we bury in our hearts that carry the most meaning.
11. You can try hiding your pain but the eyes will always tell a different story.
12. It's easier to say 'my tooth is aching' over 'my heart is broken' because concealing the mental pain is much more burdening. -C.S Lewis.
13. The ones who have lived in pain for most part of their lives have seen the world in black and white. No matter how hard you try, adding vibrant colours to such people's lives can take a very long time.

14. Some people are not tired physically but mentally.
15. Some people drown in pain while others learn to swim with the pain.
16. You don't understand depression until you can't stand your own presence in an empty room.
17. Some people are screaming from the inside but smiling on the outside. Such people have happy faces but sad souls.
18. If you spread negativity and pain, it will always come back around.
19. What good are wings without the courage to fly? -Atticus
20. The loneliest moment in someone's life is when they are watching their whole world fall apart, and all they can do is stare blankly. -F. Scott Fitzgerald

Strange Trait Will Reveal A Lot About A Person

- When they are angry, their words. Whether they choose to swear or use insulting words, or rather expose feelings they have hidden for far too long.
- When they are in love, how they love. Whether it's giving gifts or displaying intimacy (emotional or physical intimacy).

- When they are lonely, how they spend their time. Whether it's listening to sad songs, writing down their thoughts or smoking to insanity.
- When they are in difficulty, their ability to make rational decisions. Some people will rather jump off a cliff than ask for help. Sometimes, we all need help and there is nothing wrong with asking for help or advice.
- How kind some people actually are. Some will have motives while a few will be genuine. Some will go an extra mile if they are trying to achieve something. Therefore, be kind but also super attentive.
- People in power. Authoritative figures will not always be nice. How they approach people and how well they treat people can reveal a lot about them. You don't have to look down on people to feel liberated.
- The way people deal with criticism. Many will be hurt. Some will carry on with their lives. Most importantly, dwelling on what people think of you is unimportant. As long as you're a nice person, you should be content.
- How people deal with hygiene. It's okay to be clean at all times but it's not okay to treat people different if they are suffering from an illness. Being hygienic has nothing to do with making people feel dirty. If you do shake hands, by all means use a hand sanitizer but not in front of them.
- This one for me is crucial—the way people think. I believe having a good mindset definitely

shapes your perspective of life. Those who are critical of everything and everyone are not the people to be inspired by or spend your lives with.

What is a brutal truth about life

1. Everyone has an enemy. You dont have to hurt someone in order to gain an enemy. You might be the nicest person in the world and still have someone who prays for your downfall. An enemy stays close, super close. Watch everyone's actions at all times. Don't trust blindly.
2. You will never feel content if you compare your life to others. How successful they are, how rich they are or even how happy they are. You will only feel content if you focus on yourself and your growth.
3. Your mind can be poisonous if all you feed it is negativity. Be kind to yourself. You deserve it! We are far too critical of ourselves. Treat yourself the same way you would treat someone you love.
4. No matter how hard you try, failure is inevitable. But keep going. Persistence is everything. We don't learn from winning but from our failures.
5. Some people are using us. Whether it's for wealth, time passing, or even as a step for their

success. Be attentive to how much you support others and people's motives.

6. No one really cares about you (excluding family). Nobody is interested in your life journey. Nobody gives a toss. But that doesn't mean you should stop your journey and fret about people not valuing you. Care about yourself. Look after yourself. Do it for you! Don't worry what others think if they don't care about you in the first place.
7. Grow thicker skin. Don't take everything to heart. Your heart should not endure pain given by people who mean so little to you. Sometimes the ones that really matter do everything to keep you happy. Those who hurt you often are the toxic ones. It hurts but showing that you're tough will take you a long way.

What truth has your bitter life taught you?

1. That you will face hard times. Life isn't an easy road that you can just live by walking through. There will be knockdowns and feelings of inadequacy.
2. The biggest lesson you will learn will ultimately shape you into a better/worse individual.
3. That events repeat themselves. Life gives you clues but we're too occupied to even notice.

4. You are not that special. There are many with the same skills and qualifications.
5. If your peace is found in people, you are in for a big surprise.
6. Never reveal too much information to people you hardly know.
7. If you're not comfortable in your skin, people are going to feel uncomfortable around you too.
8. Confidence will take you many places. Shyness will keep you at home.
9. Fear lives in the mind. Feed it and it shall consume you.
10. People will hurt you. They will make you feel like you don't belong anywhere. Pick out your insecurities. It's hard to hear such words but remember those who care will never cause you stress and pain. Brush those words off like dust.
11. It's your life and your little world. Keep it safe and keep yourself happy. People ruin beautiful things.
12. Being in good health is a blessing. Don't complain about the little things. There are many who are praying to be healthy again.
13. Don't look far ahead. You don't belong there. You belong in the present. Contentment will bring satisfaction. Greediness will only ruin your peace of mind. Look behind and look at those who are struggling to make ends meet. Understand that not everyone is as fortunate as you.

14. Show gratitude for all that you have. Appreciation is everything. You can't go wrong.
15. Never get too attached. Everything is going to come to an end.
16. Your loved ones will die. It's hopeless pulling onto their rope of life. It will only cause you pain. When it's time, it's time. You just have to accept that you have to *let go*.
17. Some pain will never *heal*.
18. Some suffering is internal, which people will never know. Always be kind.
19. Towards the end of life, everything is going to fade away. All that you loved, all that you cherished and all that made you hurt.

Why do some people avoid looking at themselves in the mirror?

1. They have a very low self-esteem. It begins with negative criticism to feeling like they are unworthy of being seen as something beautiful.
2. They have imperfections. Let's be honest, who doesn't? But, some people think more about their imperfections rather than other worldly problems. How selfish is that? Or in other words, how foolish is that?
3. They have been in the boat of suffering for ever so long, they do not know how it feels like to appreciate their own beauty. Just because some

people don't like their face, they begin to dislike themselves too. How saddening is that?

4. Some people are more than just their appearance. I had a friend who didn't like looking in the mirror. It was because she felt as though her appearance was just physical. She paid more attention to her inner character. She did groom well but never gave a second thought to how her face looked like. Do I look pretty? Do I need make-up to cover this spot? Does my face look ugly? Nothing of that sort. She just lived. That girl inspired me.
5. Some don't have that time to look at themselves for that long. Maybe they believe there is more to the world than looking at themselves. Good for those people. A quick glance should do it.
6. There is something called a phone camera. Mirror, mirror on the wall, the phone camera brought your downfall.
7. The mirror lies. You are far more beautiful than the mirror portrays. How utterly pointless is such a mirror?

Some Psychological Tricks

1. Pause a bit before replying, shows you're thinking. Better listener vibe (Don't go overboard).

2. Nod while they talk. Brain loves validation, feels listened to. Addictive, makes them feel validated.

3. Show your palms when chatting. Says you're open, trustworthy, a friend.

4. Mirror body language, talk speed and volume. Subconscious sees you as like them, builds trust.

5. Seek advice, show their opinion matters. Research says it creates commitment and likability.

Example:

"What should I order?"

"Vegan burger's awesome."

"Okay, I'll get that, thanks!"

"I already feel a connection."

If you want to give an advice about life, what would it be?

1. **Don't feel lonely-**

you aren't alone in life. Someone in some way or the other is watching you. He is just waiting for the right time and right place to enter your life. You just have to be patient.

2. **Everything shouldn't happen for a purpose-**

You shouldn't wait for a purpose to do a particular thing. Do, where your mind at. Do it, if your heart says and don't enter in argument with your mind. Just do it. Even though you won't fulfill any purpose still do it for yourselves, for your heart.

3. **Have dreams**-

If you don't have dreams, your life is without a journey, my friend. You have vehicle(mind), you have backpack(heart), you have everything needed for a journey, what you don't have is destination and you are wandering everywhere with dissatisfaction.

You should have a dream and make a promise to yourself that you won't die before without fulfilling it.

4. **Nothing is Permanent-**

Don't be sad that you have problems in your life today, it may go tommorrow or day after tommorrow. No one knows when they will go? what we can know is that if there are problems in your life then they will have solutions too. Solutions come after problems Be happy that you have problems because it also generates a feeling that, if

'I have problems then i will get solution for them too.' To have solutions you need problems.

Just like that if you are sad don't feel bad about it because after sadness there is only one thing which can happen that is happiness. And if you are happy then be prepared for sadness.

Everything comes and goes.

5. **don't worry about people**-

Especially in India.

You were born after several screams of pain of that one person from whose womb you came out. These same **people** whose views you care about, weren't that one person.

During your childhood every time when you used to fell down while paying and you would cry, these same **people** weren't the one who used to hug you, console you, wipe your tears and apply lotion to your wounds with their hands.

Whenever you cried for that one little toy, you liked the most and wanted so badly, These same **people** weren't the one who would forget buying there monthly meds and first get you that little toy.

And

Whenever you were alone, down in your life and didn't know what to do these same people weren't the one who would say-

'Beta, sab thik ho jayega hum hai na tere saath'.....

.....These were your **PARENTS**. These were your **MOTHER** and **FATHER** who cried whenever you cried, they laughed whenever you laughed, every time they understood you when no one did and they always

wanted to see you happy. They should be the one in your life whose views matter, they should be the one inside your mind when you think of doing something and not these people. These people will come and go and again come and go. Don't give them what they don't deserve.

Live in present to make new memories-

Every time when we remember our past memories, and the moments of happiness and sadness, we become sad while remembering both types of memories. You feel sad when you remember sad memories from your life because of its feeling and again you feel sad when you remember joyful memories because you start missing them and you wish that they occur again in your life. Stop living in your memories and live in your present so that you make new memories because the time is running away, it won't stop for you to become happy and then you would start enjoying your life, It won't.

You won't get everything, everyone will be left with 'Wish' and 'If'-

Learn this advice as early as possible in your life.

If you don't have something don't feel bad for you because it doesn't worth it. Just because other person has something which you don't have doesn't mean you should also get one, that would seriously make you unhappy in your life, every time when you would some one having something. It may be wealth, health, girl friend and many such things, which may seriously disturb your life in future because of these stupid attachments.

Don't pressure your parents for costly mobile phones, clothes, bike and foreign education which would make them to take loans, they won't able to pay. Be contempt with what you have because remember there are people who don't even have a pair of cloth on their body.

Never judge anyone-

Don't try to judge anyone because you don't know how much sufferings he has gone through in his life which had made him a person like this. Judging someone is the greatest sin you can do. The struggles and pain they have suffered from childhood have made them what they are today. They may be good or bad, happy or sad, you don't get to judge them. You are just yet another underachiever like them because you don't have at least something in your life which you wished you had.

so please don't judge anyone.

Smallest Lesson That Life Has Taught

- Pleasing yourself is better than pleasing others.
- You don’t need to be the victim of your environment you can also be an architect
- Self-love is better than Self-neglect.
- Self-realization is better than self-regret.
- Improving is better than Blaming
- Inspiring is better than Jealousy.
- one page of the book is better than one reel
- Savings are better than showing off.

- One true friend is Better than 100 Toxic friends.
- hard work is often overshadowed by luck.
- Today's hard work is better than future regrets.
- One bitter truth is better than Hundreds of lies
- Self-respect is better than Ego.
- Homemade food is better than Street food.
- Inner beauty is better than outside beauty.
- Process is more important than results.
- Reality is better than Expectations.
- Hardworking students are better than cool students.
- Trying is better than crying.
- Forgetting is better than Regretting.

Psychological Facts That Your Best Friend Didn't Tell You

1. Smiling increases happiness. It releases mood-boosting chemicals and signals kindness.
2. Paying attention builds harmony. Practicing active listening shows you value others.
3. Acts of kindness release dopamine. Helping others gives a natural mood lift.
4. Positive thinking changes brain wiring. Optimism leads to more motivation over time.
5. Laughing strengthens relationships. Shared laughter bonds people deeply to create priceless memories.
6. Living purposefully. Aligning values with actions generates fulfillment.

7. Good posture. Standing up straight with shoulders back projects assurance and energy.
8. Steady gait. Walking smoothly and evenly signals competence and control.
9. Smiling eyes. A smile that reaches your eyes influences warmth and openness.
10. Open gestures. Arms uncrossed and hands visible convey receptiveness. Approachable.

Just small adjustments to how you carry yourself to elevate your own mindset, you unconsciously create a radiant aura to lift those around you.

What Instantly Makes A Person Less Attractive?

There **are many:-**

- Copying British and American accents intentionally. [Love the accent you grow up speaking]
- Showing like you don't know counting in your local language [You are not cool bro you are illiterate]
- Acting cute.[you look dumb actually]
- Disrespecting Teachers [we should respect them]
- Saying nerds to Toppers [bro you can say You are better than me in studies]
- Using abusive words.
- Showing off. [Bro first earn your own money]
- Always arguing to prove your point.

- Insulting or being rude to others.
- Lack of personality.

Best Decision You've Made In Your Life

- To stop judging people based on their clothes.
- Stop comparing myself with others [*though I fail* sometimes*]*
- Stop feeling jealous of others. [*people are not lucky always they are hardworking accept it as much early as you can]*
- Saying thank you☐ for every small help. [this doesn't make your ego smaller but your character higher]
- Started reading help books.
- Started enjoying the process instead of waiting for results to celebrate.
- Started appreciating instead of accepting.
- Started loving instead of complaining.
- Started thanking God instead of always demanding
- Stopped insulting people for insulting me
- Started working instead of manifesting.
- Started respecting young ones also
- Stopped showing my weakness to everyone.
- Started helping everyone.
- Replaced the dramas with books.
- Replaced the complaints with hard work.
- Started enjoying my company.

- Replaced songs with bhajans.[in morning it make our day less hectic though i love sad songs alot]
- Started reading helpbooks
- Changed words with actions.

What kind of people do you like?

1. People who are not free always!!
2. People who have goals and value in their life.
3. People who are serious about careers.
4. People who’re confident.
5. People who’re loyal.
6. People who’re humble.
7. People who’re caring.
8. People who have empathy.
9. People who respect other people’s space.
10. People who don’t swipe right/left when handling someone else’s mobile.
11. People who are not jealous about anything.
12. People who follow me.
13. People who never ask to pay their bills.

Best Way To Motivate Yourself In 5 Minutes

- beginning always hide themselves in ends.
- It is what it is. Accept it and move on.
- If you never failed, you never tried anything new.
- Stop messing around and do some work.

- The pain you feel today will be the strength you feel tomorrow.
- Our greatest weakness lies in giving up.
- Believe in yourself!
- Change your life today. Don't gamble on the future, act now, without delay.
- IT DOES NOT MATTER HOW SLOWLY YOU GO so long as you do not stop.
- When you feel like QUITTING think about why you STARTED.

Biggest Lesson That Life Has Taught You

1. Time Change, Priority Change, People Change, Nobody Stay - But one person always with you until your last breath. It's YOU!
2. Now in this world, nobody goes for the character – People are interested in you as because of your power and position.
3. There is no substitute for hard work- It might be your Study, GYM or your Business. You have to work hard to achieve your goal.
4. In some point in your life, whenever you are angry- Never ever react at that moment. Anger can make you fool. Take a deep breath! - And think before you react.
5. Drink more water, Go for a walk- keep touch with nature and meditate often.

6. The bonus one- INTRODUCE YOURSELF FOR LOVE, CARE AND COMPASSIONATE.

Something Everyone Should Do At Least Once

1. Compliment a random stranger.
2. Give everyone a reason to remember your name.
3. Danced like a fool and not care who was watching.
4. Sing your favorite song in loud voice. Even if you are not good at it just sing- till your neighbor complains.
5. Let go of unnecessary worry.
6. Any Amma who sell vegetables in road side, buy from her and don't bargain. Give extra money to her. You will feel happier, even more. :)
7. Visit old age homes.
8. Give a powerful speech in front of your elders.
9. Read books, buy books and have an awesome library at your home.
10. Make parents feel proud.
11. Make your circle feel proud.
12. And always stay honest.
13. Be like photography, develop from negatives.

What sort of people get success in life?

1. People who have clear vision.
2. People who knows the value of time.
3. People who choose to define success on their own terms rather than someone else's.
4. People who don't sell themselves short.
5. People who take risks.
6. People who find ways to win, not excuses for losing.
7. People who have confidence in themselves and their abilities.
8. People who helps others in solving their problems.
9. People who know when and how to say "NO".
10. People who do not procrastinate at work.
11. People who exercise daily.
12. People who read a lot.
13. People who master their skill.

What are your personal commandments?

1. Words have Power- Use it in a proper way.
2. Success doesn't care how you feel; it demands only work & work.
3. Don't complain, take actions.
4. Remember: Why you started.
5. Give credit. Take the blame.

6. Never borrow, never lend. - If you want to keep a friend.
7. Always make time for hugs.
8. Find joy wherever and whenever you can.
9. Always be grateful for the things you have.

Stop Habits That Keep You Financially Poor

1. Fuck- Monthly Installment. (Stay away from loans and credit card, if you don't understand their interest calculations.)
2. Avoid eating outside of home. (Good for your pocket, best for your health)
3. Learn to love delayed gratification.
4. Track all your expenses. Know where your money is going.
5. Have multiple bank accounts. This is how you can separate your saving and expenses.
6. Make it a habit to always separate money from friendship and friendship from business.
7. Pause before any purchase and ask if this will improve your overall quality of life.
8. When you made nay purchase try your best to not use CARD rather use CASH, because you are attaching with that physical money. :P
9. Change the way you feel about money.
10. Be an investor, not a gambler.

What are the top rules of your life?

1. Never watch Porn.
2. Bring an attractive GOAL- hell to everyday! (when you accomplish, bring another one.)
3. No alcohol, No cigarette, No parties.
4. Never skip gym routine.
5. Always dress well.
6. Each day improve yourself, be a better person!
7. All you can do is all you can do.
8. Do not save what is left after spending, but spend what is left after saving. (very important)
9. Never make someone a priority when you're only an option for them.
10. Respect everyone till they deserve.
11. Know the difference between family and friends.
12. Learn to handle stress.
13. Stop thinking about what happened in the past, or worry about what might happen in the future. Take a deep breath and live the moment. !!
14. Enjoy your own company.
15. Never insult anyone.
16. Never fight with anyone.
17. Rules are meant to be broken. Sometimes break it. :P
18. Creativity is more important than knowledge.

Habits Of People Who Never Get Stressed

1. **Have faith -** While many people might discard the existence of God but having faith helps a lot in eliminating the stress. You can't be stressed if you realize that ultimately you are not the controller!
2. **Wake up early -** Research works states that people who wake early in the morning are the one who gets less stressed out, because by waking up early, you are making sure you are not enough ahead of others in terms of being fresh but also you have more time to do a particular task.
3. **Meditate**: Find a quiet, comfortable place where you won't be disturbed. Close your eyes and take slow, deep breaths, inhaling through your nose and exhaling through your mouth.
4. **Exercise regularly**: Exercise makes you physically, mentally, and emotionally stronger. It improves your health and your outlook. When you exercise, your brain starts to release all the right hormones. You get a boost of serotonin, endorphins, and dopamine. These hormones help boost your mood, feel stronger, look younger, and happier.
5. **Prioritize your priorities -** Prioritization brings mental clarity and helps you to focus on your work. Once you start to prioritize things, your life gets much easier and there is less stress.

6. **Focus on one task-** The power of focus is that it gets the work done in a very short period of time and once your work done! Start another one.
7. **Love what you do -** If you like what you are doing, you are less likely to get stressed.
8. **Develop this mindset -** Look around there are so many people who have the same problem as you. Maybe there situations is worse situation than you. Visit any public hospital nearby you, you will understand.

Psychological Tricks And Hacks Are Useful To Know

1. If you think someone is lying, look at them and say nothing.
2. If someone insults you, pause for a second, look at them, and ask 'Are you okay?'
3. When you want to ask for a favor, start with 'I really need your help'. People don't like the guilt of not helping someone out.
4. If you're in an argument, don't scream, stay calm. It gives the other person the impression that you are winning.

What Are Your 10 Laws Of Manhood?

1. Do what is right for yourself. (No matter how it feels inside.)
2. Take responsibility for the task you undertake. Be accountable for any outcome.
3. Call your parents/ grandparents every week.
4. Surround yourself with good people.
5. Avoid arguments. Make arguments better by valid points instead of raising voice. Argue with intelligent people who are at your level.
6. Say sorry, accept your mistake. Accept your flaws. It will not hurt your manhood.
7. Take rejection with grace, always save face and play it cool.
8. Find your passion and figure out how to get paid for it.
9. Stay physically fit. Eat right, sleep right, and exercise right.
10. This is my favorite- *"Your mind under your control is a best friend and your mind not under your control is the greatest enemy of yours."*

Lessons One Should Definitely Learn At Their 20s

1. Don't expect everyone to understand you.
2. "Like you" doesn't mean like you forever; "like you" also doesn't mean ONLY like you.

3. Try to not talk so fast, slow bit down, soft bit more, smile bit more.
4. Try to not interrupt while she/he is still talking, no need to rush to express yourself, express yourself when they are done.
5. If you do appreciate someone's help, you should let her/him know. Because he/she would not know what you are THINKING.
6. There are how many people, there will be how many kinds of people.
7. With unfamilar persons, you don't have to find topics to talk, to try to make the situation not awkward, because it will only make it more awkward sometimes.
8. Don't trust easily what you heard how others talk about HIM.
9. Do not make decisions when you are angry.
10. Try to keep back the most hurtful words towards the other person from yourself when you are angry.

Why doesn't the Law of Attraction work for most?

The Law of Attraction says

- if we think bad
- so worse will happen to us

And

- if we think well
- So it will be good for us in future also.

Whether it is the principle of attraction or any method of astrology

- It takes 21 days for anything to become a habit and
- It takes 90 days for any habit to become a lifestyle

If you just keep this thing in mind, then the law of attraction will also benefit you and if there is any

the dilemma in your life, any worship related to that problem will do charity, it will also benefit.

Law of attraction

Whenever we think or act about something repeatedly a magnetic force connects us with that object which is called the law of attraction.

How do you deal with boredom

- Read good books
- Listening songs and some podcasts
- Watching some good web series and movies
- Playing online ludo game with my friends
- A good conversation with my close ones, family and good friends
- Go to terrace in evening and enjoying the nature and spend time with myself
- Sometimes I cook but depends on mood
- Sometimes I make a sketches

- When I have nothing to do and I am free or tired then I sleep.

Psychological Facts That People Don't Know

1. The Baader-Meinhof Phenomenon

Ever experienced learning about something new and then suddenly noticing it everywhere? That's the Baader-Meinhof phenomenon at play. Also known as frequency illusion, it's the brain's tendency to focus on things recently learned or experienced.

2. The Tetris Effect

Playing Tetris for extended periods can cause players to see falling blocks in their mind's eye, even when they're not playing. This phenomenon, known as the Tetris Effect, demonstrates how deeply our brains can internalize repetitive activities.

3. The Illusion of Truth Effect

Repetition can make us believe something is true, regardless of its actual validity. This psychological phenomenon, known as the illusion of truth effect, highlights the power of repetition in shaping our perceptions and beliefs.

4. The Spotlight Effect

We often overestimate how much attention others pay to us. This cognitive bias, called the spotlight effect, leads us to believe that we're being noticed and scrutinized more than we actually are in social situations.

5. The Dunning-Kruger Effect

The Dunning-Kruger effect describes the tendency for unskilled individuals to overestimate their abilities, while highly skilled individuals may underestimate theirs. This cognitive bias highlights the importance of self-awareness and humility in accurately assessing one's competence.

6. The Halo Effect

Our overall impression of a person can influence how we perceive their specific traits or actions. Known as the halo effect, this bias causes us to attribute positive qualities to individuals we view favorably, regardless of evidence.

7. The Primacy and Recency Effects

When presented with a list of items, we tend to remember the first (primacy effect) and last (recency effect) items more easily than those in the middle. Understanding these effects can aid in creating effective presentations and improving memory retention.

8. The Pygmalion Effect

Expectations can significantly influence people's performance. The Pygmalion effect, also known as the self-fulfilling prophecy, occurs when individuals perform

better because others expect them to do so. This phenomenon underscores the importance of positive reinforcement and high expectations in fostering success.

9. The Zeigarnik Effect

Uncompleted tasks tend to linger in our minds more than completed ones. This psychological phenomenon, known as the Zeigarnik effect, suggests that our brains are better at remembering unfinished or interrupted tasks, which can be harnessed to boost productivity.

10. The Bystander Effect

The presence of others can inhibit individual action during emergencies. The bystander effect occurs when individuals are less likely to intervene in an emergency situation when others are present, assuming someone else will take responsibility.

11. Cognitive Dissonance

When our beliefs or behaviors conflict with each other, we experience cognitive dissonance, a state of psychological discomfort. To resolve this discomfort, we may adjust our beliefs or behaviors, demonstrating the brain's tendency to seek consistency.

12. The Forer Effect

People tend to believe vague and general personality descriptions apply specifically to them. This phenomenon, known as the Forer effect or the Barnum

effect, explains why horoscopes and personality tests can seem eerily accurate despite their lack of specificity.

13. Anchoring Bias

Our judgments are often influenced by the first piece of information we receive about a topic, known as the anchoring bias. Even if subsequent information contradicts the initial anchor, it can still sway our decisions and perceptions.

14. The Endowment Effect

We tend to overvalue items simply because we own them. The endowment effect explains why we're often unwilling to part with possessions unless offered a significantly higher price than what we originally paid.

15. The Rosy Retrospection

We often remember past events more positively than they actually were. This bias, known as rosy retrospection, can lead to nostalgic feelings and an idealized view of the past, influencing future decisions and perceptions.

16. The Spotlight Effect

We tend to overestimate how much attention others pay to us. This cognitive bias, called the spotlight effect, leads us to believe that we're being noticed and scrutinized more than we actually are in social situations.

17. The Backfire Effect

Presenting evidence that contradicts someone's beliefs can sometimes strengthen those beliefs rather than change them. This phenomenon, known as the backfire effect, highlights the complexities of belief formation and the importance of approaching discussions with empathy and understanding.

18. The Illusion of Control

We often believe we have more control over outcomes than we actually do. This cognitive bias, known as the illusion of control, can lead to overconfidence and risky decision-making, especially in situations influenced by chance or external factors.

19. The Just World Hypothesis

People tend to believe that the world is fundamentally just, and individuals get what they deserve. This belief, known as the just world hypothesis, can lead to victim-blaming and a lack of empathy toward those facing adversity.

20. The Planning Fallacy

We tend to underestimate how much time it will take to complete a task, even when we have prior experience with similar tasks. This cognitive bias, known as the planning fallacy, can lead to delays and frustration when our expectations don't align with reality.

21. The Spotlight Effect

We tend to overestimate how much attention others pay to us. This cognitive bias, called the spotlight effect, leads us to believe that we're being noticed and scrutinized more than we actually are in social situations.

22. The Negativity Bias

Negative experiences and emotions tend to have a greater impact on us than positive ones. This bias, known as the negativity bias, helps explain why we're more sensitive to criticism and bad news than praise and good news.

23. The False Consensus Effect

We tend to overestimate the extent to which others share our beliefs and behaviors. This cognitive bias, known as the false consensus effect, can lead to a distorted perception of social norms and an overestimation of our own typicality.

24. The Curse of Knowledge

Once we know something, we often struggle to imagine what it's like not to know it. This cognitive bias, known as the curse of knowledge, can make it difficult to communicate effectively with others, especially when trying to explain complex concepts.

25. The Availability Heuristic

We tend to overestimate the likelihood of events that are easily recalled from memory. This cognitive shortcut,

known as the availability heuristic, can lead to biases in decision-making and risk assessment.

26. The Sunk Cost Fallacy

We often continue investing time, money, or effort into something simply because we've already invested in it, even if it's no longer in our best interest. This irrational behavior, known as the sunk cost fallacy, can trap us in unproductive or damaging situations.

27. The Fundamental Attribution Error

When explaining others' behavior, we tend to overemphasize internal factors (personality, character) and underestimate external factors (situation, context). This bias, known as the fundamental attribution error, can lead to misunderstandings and misjudgments in social interactions.

28. The Gambler's Fallacy

We tend to believe that random events are influenced by previous outcomes, leading us to expect patterns or trends where none exist. This cognitive bias, known as the gambler's fallacy, can lead to superstitions and irrational decision-making, especially in games of chance.

29. The Illusion of Transparency

We often overestimate how well others can understand our thoughts and emotions. This cognitive bias, known as the illusion of transparency, can lead to

miscommunication and misunderstandings in interpersonal relationships.

30. The False Memory Effect

Our memories are not always accurate and can be influenced by suggestion, imagination, or misinformation. False memories, which feel just as real as genuine memories, can be unintentionally created through leading questions or suggestive techniques.

Understanding these psychological phenomena can help us navigate the complexities of human behavior and decision-making, leading to more informed and effective interactions with others and ourselves.

Human Psychology That Almost Nobody Knows

- Your physical **pain**, as well as fear & stress, can be relieved by holding hands with someone you love.
- People confess things during the late-night conversation because people are most honest when they're physically tired.
- By doing daily exercise, your **risk** of catching a cold or flu, and severe form of infection can be a drop.
- Even the illusion of progress is very motivating.

- People with **low** self-esteem are more likely too busy humiliating others.
- Smart people mostly underestimate themselves, and ignorant people always consider themselves brilliant; which is also known as the Dunning Krueger effect.
- Around **80%** of human talk is complaining, in a group.

Most Interesting Facts About Human Behavior

1. 70% of people like old songs because of the memories attached to them.
2. When a person dies, they have 7 minutes of brain activity left, it's the mind playing back the person's memories in a dream sequence.
3. Psychology says that playing video games makes you more creative.
4. Most people type faster when there's someone they like.
5. You appear more attractive to a person when you make them laugh or smile.
6. 80% of women choose silence to express pain. You should know she is truly hurt when she chooses to ignore you.
7. People with sarcastic personalities are more honest with their friends.

8. Overthinking is a special form of fear. It gets even more dangerous when anticipation, memory, emotion and imagination are added together.
9. The happier you are, the less sleep you would require to function in everyday life. Sadness increases the urge to sleep more.
10. The average woman smiles 60 times a day. An average man smiles only 10 times a day.
11. When people refuse to tell you what's wrong, you tend to think that it's probably your fault.
12. Intelligent men and women are more easily annoyed by people in general.
13. Women and men experience the same kind of emotions but women are more honest with them.
14. Life becomes more meaningful when you understand the fact that you will not get the same moment twice in your life.
15. What we wear tends to affect how we behave.
16. Introverts tend to have more thinking capabilities than extroverts.
17. Eat bananas, because bananas contain a special chemical which can make a person happy.
18. Pretending not to care is the habit of those who care the most.
19. When you become really close to someone, you can hear their voices in your head when you read their text.
20. Being sarcastic can add upto 3 years in your life.

Psychological Facts About Attracting People

1. People are more attracted to those who are similar to them: People tend to feel more comfortable around those who share similar interests, values, and beliefs. Therefore, finding common ground and expressing similar opinions can help attract people.
2. Confidence is attractive: Confidence is seen as attractive because it indicates that a person is comfortable in their own skin and is secure in their abilities. Confidence can be expressed through body language, tone of voice, and behavior.
3. People are attracted to those who make them feel good: People are more likely to be drawn to individuals who make them feel happy, validated, and appreciated. Being positive, empathetic, and kind can help attract people.
4. Physical appearance plays a role: Physical appearance is one of the first things that people notice, and it can affect initial attraction. However, it is important to note that physical attractiveness is subjective, and other factors such as personality, behavior, and compatibility are also crucial in building attraction.
5. Similarities in body language can create rapport: People tend to feel more connected to those who mirror their body language. Therefore, paying attention to and mirroring the body language of the person you're trying to attract can create a sense of rapport and connection.

6. People are attracted to those who are in-demand: People tend to be more attracted to individuals who are seen as high-status or popular. This is because they are perceived as having desirable traits, such as confidence and social skills.
7. Emotional intelligence is important: Emotional intelligence involves being aware of and managing one's own emotions as well as recognizing and empathizing with the emotions of others. Being emotionally intelligent can help build rapport and deepen connections with others.

Psychological Facts Shock You

- Scarcity Principle, you want what is in short supply. This desire increases as you anticipate the regret you might have if you miss out by not acting fast enough.
- A phenomenon called reciprocity of liking says that when we think someone likes us, we tend to like them as well. So even if you're not sure how a person you're interacting with feels about you, act like you like them and they'll probably like you back.
- Cunningham's Law states "the best way to get the right answer on the internet is not to ask a question; it's to post the wrong answer."
- People who stay awake till late night are more intelligent than the people who go to bed early and rise early for the day.

- Psychology says, your most important thoughts and feelings often go unspoken and are barely understood.
- Decisions are made both on conscious and unconscious level. When two decisions don't agree with each other, we experience anxiety.
- Teenagers who do not positive peer relations with family or friends are at a high risk of developing substance abuse and depression.
- You and your mistakes are not noticed as much as you think.
- The top wish among all teen girls is for their parents to communicate better with them.
- People who are more perfectionist are more likely to be depressed, because they stress themselves out so much.
- Our anxiety does not come from thinking above the future, but from wanting to control it.
- When a man is dealing with two women, he'll always stay with the one who has a week mind
- Men and women display different behavior in depression. When depressed, women are more likely to feel guilty, sleep more, over eat, gain weight, and neglect their appearances. On the other hand, men tend to adopt escapist behavior and substance use to cope with depressive symptoms.

How can I become more confident?

1. Presence. Carry yourself as though everyone is inspired by you and you are the most loved being there is. The thought alone should boost your confidence. Walk free like the world is yours. Because it is.
2. People will look at you but they will not think about you as much as you would think. If you're a stranger that is. If you're well known, damn it, who cares about what they think? Your mind, your health and your freedom should be protected at all costs. And only you are responsible for that.
3. Learn to drown your fears. The more you hide in your comfort zone feeling inadequate, the more depressed and lonelier you shall be. Face life head on. Let the power within you strengthen you and make you blossom.
4. It's the mind that overthinks. It's the heart that feels too much. The less sentimental you are, the more confident and comfortable you will become. Life will present you with challenges, day after day, but life isn't perfect filled with roses. It's a storm. It's a rainy life with some rainbows. It's just *life*.
5. Most people are judgmental. You cannot hide all your life *behind the curtains* afraid of being criticized. People will talk about you, and belittle you. But, they can't control you unless you give them the opportunity. Therefore, being strong is the only choice you have. Nobody has the power to make you feel anything but comfortable. Set your boundaries and know what it is that you

want. Don't let second opinions influence your authentic opinion.

6. Feel beautiful every single day and never let the world negatively influence you to such an extent where you can't differentiate between living and feeling cold. Sanity and serenity really work together. Choose to live rather than survive each day. It's possible if you change your perspective of life.
7. Living on other people's opinion and beliefs is not living. Make your own decisions because nobody is the same. We are driven by different things. Challenge yourself today and reap the rewards tomorrow.

Advice For Married Couples

My grandparents have been married for over 35 years. The following advice is what I have learnt from them:

1. When the other is experiencing mood swings, say yes to everything, it'll go a long way rather than getting on their nerves.
2. When the other is shouting or raising their voice, keep calm and collected and never raise your voice as well, it'll only worsen the situation.
3. When the other is having a bad day, be there. Don't worry about what to say, just be there for them. A shoulder to cry on is what some people really need when burdens get heavy on their shoulders.

4. Disagree on some things respectively. But, don't create arguments as a result of the disagreement. It's about strengthening the love for one another rather than having your way. For example, if you disagree with a point of view, do it lovingly rather than displaying frustration.
5. It's the little things that mean everything. The little things like smiling at one another, supporting each other and activating your protective side when the other is being ridiculed.
6. If you want to invest your *time* in anybody, remember to create worthwhile memories and to remain loyal. After all, time is precious.
7. If you ever get into an argument, don't stay angry with each other for long and do not adopt the silent treatment, it'll ruin the relationship. Be the first one to apologize if you're in the wrong. If you're not in the wrong, try to please the other and make amends. After all, love conquers all.
8. Know what your significant other likes and dislikes. This can be advantageous in terms of buying them gifts and avoid making them miserable. Know your partner well as relationships strengthen by understanding each other.
9. Trust your other half. That doesn't mean letting them go wherever they want and do whatever they want. This will only weaken the relationship. Too much freedom can make

people think you don't care. Too much restriction can make them feel trapped. There should be boundaries unless you want to be in a situation where the relationship ends because of stupid reasons. I don't mean a set of terms and conditions you both have to agree on but what works well for the both of you. Insecurity is a killer and talking these things through can avoid misunderstandings.

10. Learn to forgive and this is very important in a relationship. No relationship is going to be perfect. There will be ups and there will be downs, but forgiving your other half will ultimately save the relationship from crumbling. I'm talking about the small mistakes. The big mistakes can be avoided by talking through what can save/destroy your love for each other.
11. Bonus advice: If your relationship does crumble and you begin to dislike each other, do not let third parties enter your relationship. Don't talk bad behind each other's back as this will bring gossipers to the table. Rumors will spread and lies will be widespread. The relationship will burn quicker than anything. Always speak good about each other because at one point you fell in love with them. That love still resides deep in your heart. You and only *you* will be responsible for burning this bridge of love.

What are some ugly truths of life?

1. As you get older you will not understand how some people can afford life without a job. When you can't even afford it with a job.
2. Live in the present, but have an idea of where you'd like to be in the future. Ensure, everything you're doing now is working towards that future goal.
3. Your so called 'Friends' will disappear if you'll start saying 'No' to cigarette, weed, liquor, etc-etc.
4. People will use you and then they will kick you, without even a single 'Thank You'.
5. You're never too big to fail. Empires have risen and fallen, businesses come and go. No matter how successful you become, you can always fail.
6. Sometimes people need their space. They're not cutting you off... They just need time to breathe and take care of themselves. It's got nothing to do with you.
7. Everyone is addicted to something. Make sure your addictions are healthy and not unhealthy, otherwise they could be the undoing of you.
8. Some things just take time. Most people aren't strong enough to deal with that fact.
9. You'll never be able to grow if you're afraid to lose people in the process. Not everyone deserves to move forward with you. The past doesn't always belong in the future.
10. We now live in a society where it's easier for our parents and guardians to notice a pregnant child but not a depressed one.

11. We break our own hearts by thinking too much about things that aren't even true.
12. Investing in yourself isn't selfish. It's the most worthwhile thing you can do. You have to put on your own gas mask to save the person sitting right next to you.

Unwritten Social Rules Everyone Should Know

1. **Don't** talk loudly in the train, bus!
2. **Don't** keep talking about yourself when you have a conversation with someone, learn to listen especially.
3. **Don't** cut in a line when you need to pay for something or buy something.
4. **Don't** ask other employees' salary.
5. **ALWAYS** cover your mouth when you need to cough or sneeze! Especially in office or lift, wherever there are people around!
6. **Please** be polite to people, even if you don't know her/him. Regardless of her/his job, be respectful.
7. When you are with someone else, then the other person called you, **please don't talk long if it's nothing urgent.**

Most Clever Life Hack You've Learned

1. Don't take working things, colleague relationship too personally.

2. Don't overshare your life when you just know someone.
3. It takes at least three months to know a person.
4. Don't share or small talk about someone when he/she is in the same social circle as you.
5. Don't think EVERYONE is as nice or bad, because we all are just humans.
6. You can laugh at your friends, but try to not laugh at or tease what they love.
7. The words you can not say in front of someone, don't say it behind their back either.
8. Change the sentence like "can you understand it" to "did I make it clear "
9. When you deal with dumb people, be 200% awake!

Mind blowing facts about social psychology

- Before you ask someone for something BIG, make them to agree to give you something very small, somehow get the foot into the door
- If you suspect someone staring you, check your watch. If they start checking the time, it means they are staring you.
- **Always be honest** so when you have to lie, people will believe you.
- You can judge the character of a person by how they treat people who can do absolutely nothing for them.

- You have a much higher chance of success in a relationship if your parents and your friends like your spouse.
- When you shake someone's hand for the first time, make sure they're warm. Warm hands mean a warm approach. Not mind-blowing but a useful technique.
- Your name is powerful. Using a person's name upon greeting or in the middle of a conversation means that you recognize their existence. You massage their ego, boosting their self-esteem. This one act does them a huge favor.
- Cuddling literally kills depression, relieves anxiety and strengthens the immune system.
- When you are ignored by a person whose attention means the most to you, the reaction in your brain will be similar to physical pain.
- People see you as **20% more attractive than you** think according to one study.
- **The people you cherish most often cause you the greatest pain.**
- In our minds we tend to imitate and feel empathy for other people. We learn this as babies.
- Not having friends is as deadly as smoking.
- Somewhere in the nineteen eighties scientists claimed that**: cigar smokers are happier than cigarette smokers.**
- **Foot-in-the-door syndrome:** If you want someone to oblige you with a big favor, ask for

a small favor first, it's more likely they'll agree for the bigger favor too.

- **Sometimes people who don’t socialize are not the anti- social, but they just try to avoid fake and dramatic society.**

Top professional life hacks

- When someone shows you a photo on their phone, don’t swipe left or right. You never know what’s next.
- If a person is speaking directly to you, staring at your phone is rude.
- Instead of being late for perfection **try to deliver on time**. An average output is better on time compared to delivering masterpieces after the deadlines.
- **Get coffee with a new person once a week.** As Tony Robbins says, “proximity is power.” If you are in close proximity to other powerful people, you will naturally advance and be successful . The best way to do that? Coffee. Everyone drinks coffee.
- **Don’t ask awkward questions** like ‘Oh so you aren’t married yet?’ Or Why didn’t you buy a house?’ For god’s sake, it isn’t your problem.
- If you tease someone, and they don’t seem to enjoy it, stop it and never do it again.
- **Schedule time to relax.** — Having commitments from 8 a.m. to 7 p.m. is not realistic. And it's also not sustainable.

- **Know where to draw the line:** Often the boundary between personal and professional gets blurred. Learn to keep personal things at a happy distance from your professional life.
- **Do not compromise on health:** This is one aspect where most professionals go wrong. Working hard in the office, should not come at the cost of your health.
- **Broaden your vocabulary range.** You'll come off as more intelligent. But don't to the point where you sound elitist.
- Treat the janitor or waiter with the same respect as the CEO. Nobody is impressed at how rudely you can treat someone below you but **people will notice if you treat them with respect.**

Tips for boosting self esteem

- Always keep in mind **you aren't here to impress others.**
- **discard all toxic elements in your life.** This means getting rid of "friends" who treat you like garbage or who think of you as inferior
- do things that YOU like, whatever they are. If you're not good at them, **keep practicing.**
- **Get out of your comfort zone.** You need to give yourself some reason to feel good about yourself. Sitting on that couch and cribbing that you're worthless is not going to change anything.
- **Stand in front of the mirror and compliment yourself** - Look at yourself in the mirror and

name everything you like about yourself, everything you are proud you did.

- **Feed your mind with faith.** You are the only one who can do the best or worst to your self-respect.
- **Care for yourself -** Eating well and exercising boosts endorphins in your brain, which make you feel good on the inside and stimulates a more positive mood
- **Develop skills and knowledge,** interact with people, let them know that it is wrong to judge you from your looks and see the change in their attitude towards you.
- . **Spend time alone** - You can do a self-introspection, to get insights about yourself, track your progress and evaluate your priorities.
- **stand up for yourself when you need to**, but don't take every little thing to heart.

Ways To Make A Decision Quickly

It's actually pretty simple, but we tend to overcomplicate it.

Whenever you face a decision, your heart knows the answer right away, it's the mind that tries to get in the way weighing the pros and cons and trying to predict the outcomes creating endless potential scenarios in your head.

Fear, insecurities and expectations will come to the surface to make you doubt yourself.

Try to simplify it.

Reduce the decision time by not letting your mind join the conversation.

Listen to your intuition, which is the infinite part of you that's always connected to the source, to the universe. That part of you that knows who you really are.

If it's a YES, you'll feel it. You'll know it right away.

It's not an absolute immediate yes, then it's definitely a NO.

If you don't believe it, just go back and remember your past decisions. You'll see how you made your choices and if you were right or not to listen to your wise inner voice.

Trust me. No need to overthink it.

If it's aligned with who you are, the answer will always be YES, no matter what.

Tips for becoming successful

- Always **keep a diary and a pen** with you. Whenever you get any intriguing idea, write

that down in your diary. When you open this diary, you'll realize that you have a great set of ideas.

- Leave your comfort zone as nothing grows for good there. **Take risks in your life.** Risks come with reward. Look at the rewards and move ahead.
- **Introspect and improve**. Realize your mistakes and improve them. Try your best to not to repeat your mistakes again.
- Success is something you take by force. No one will give it to you freely.
- The secret of **success is hidden in books and old-school wisdom.** Yet most people hate to read books. No wonder, few people are successful.
- **Stop expecting instant satisfaction.** Patience, persistence and perspiration are your best friends. Remember that there are NO shortcuts in life.
- **Cry as hard as you want**, but make sure that when you stop crying, you never cry for the same reason again.
- No matter how much it hurts now. Someday you'll look back and realize, your struggle changed your life for better.
- If you are an intelligent person, you will try to do what you love the most. But if you are a genius, you will only do what is needed.
- Students believe that there is only one right answer to every question. That is why people always want to follow the crowd because they

think there is only one right way to live life. **Find your own way . don't follow the crowd**

- Putting in the work daily without quitting. Going through the drudgery and mundane tasks repeatedly. **Practicing everyday** like insane just to master your craft.
- Don't bother about the judgements of society, friends, peers and relatives. You want it, go for it. **Don't give a fcuk about others** , live your life , give your best
- And Finally , **Make the best out of every hour.**

Best ways to increase productivity :

- Never feel satisfied with what you have. As Steve Jobs said, **"Stay hungry, Stay foolish."**
- **Stop multitasking.** When we multitask, our brain split. It slows us down and reduces our focus on any given task.
- **Build daily habits and routine.** Don't take hustling toward your goal as any transformative change, it's not true. It's the results of tiny actions day after day. Build a system and focus on your progress instead of your huge goals.
- **You need to learn to prioritize**. Certain tasks are more urgent than others, Focus on the most urgent and important ones first.
- **Take quality rest.** Use Pomodoro technique for huge tasks, and take regular rest to completely remove yourself from work.

- **Forget everything else** - Block out everything other than what you are doing. You are in this moment. Commit to it.
- **Keep a Schedule -** No white spaces. None. Fill out a schedule from start to finish and follow it to the best of your ability.
- **Love what you do:** Enjoying what you do is the ultimate way to increase your productivity.
- **Stick to your aim** in your career and work hard give your best for it every day. A single step a day can lead to great success ahead.
- **Take a long bath** and listen to medieval chants. Use lavender bath salts. Lavender kills testosterone, so your libido won't distract you from your productivity.
- **Be flexible with teamwork.** Teams are great but some people work more effectively alone. Respect that and accommodate it if it is possible.
- Productivity is overrated, it is efficiency and smart work that matters at the end of the day! So… "**WAKE UP MOTIVATED & GO TO BED SATISFIED!!!"**

Ways to improve yourself in six months

- don't chase for sex, simply **chase your dream.**
- **Never Give up on what Matters** - Do not settle, do not compromise and do not give up on what really matters to you.

- **Don’t take it So Seriously** - Life is only as serious as you make it out to be, nothing more.
- **Books:** You won't understand the value till you start reading.
- **Exercise** - The best thing you could ever do to your body. just lift some weights , cardio, light workouts and you are good for day.
- **Listen to your body**. Sleep, work, eat whenever you need it. Never torture yourself.
- **Be Successful Now** - You are who you think you are. Period.
- **Get rid of slackers.** They will pull everybody else down.
- Try to **meditate** at least for 10minutes. Meditation have a lot of benefits over mind which people often underestimate.
- **Respect everyone** and try to help but do not be available all the time.
- If you are a student **study before the announcement** of the date for the exam.
- **Mindset is all that matters.** A man mind is his best friend and the worst enemy. Use it well, for your benefits.
- **Speak less,** your word will be heard with seriousness. Listen more.
- **Invest your goddamn money on yourself :** The best investment in the entire universe is the time invested on yourself. Learn new skills and sharpen your old ones.
- **Stop chasing girls.** A king is called a king for the empire he rules, not for the queen he has. **Be an Alpha**

Best ways to improve personality

- **Groom yourself,** even if you're living alone . Keep your beard clean and trimmed. Girls may wax, if necessary.
- Always carry a wallet, Comb, Belt, Perfume, a pen with you.
- **Workout at least 1 hour** a day, it's the least you could do for your body.This will keep your confidence up, your body healthy and your face free of pimples.
- Cover your mouth while sneezing, coughing, etc. Say 'Sorry/Excuse me' afterward.
- **Invest in** your own **personal hygiene** like flossing your teeth, cleaning your mouth, wearing cologne.
- Speak a bit less and think before you speak because one wrong word can hurt your personality.
- Talk looking into the eyes of the other person.
- **Be a man of *your* words** , If you promise to do something for someone, make sure you do it .
- **Show respect** for other person's opinion. Never tell a person he or she is wrong.
- Learn the **difference between Ego and Self-respect**. There's a very thin line between them.
- **Hustle as much as you can**. Fast success brings ego, slow success builds personality.
- **Do Meditation.(**Meditation transforms you into a new human)

- Never make fun of someone's disability whether it's financial, mental or physical.
- Never hesitate meeting new people. People have own experiences and knowledge to share with you.

Interesting Facts About Human Behavior

- 70% of people keep things to themselves to avoid being judged by others.

- People between the ages of 18–33 are the most stressed in the world After the age of 48, stress level tends to reduce
- The most common lie said by humans is " I'm fine"
- Pretty people are automatically more acceptable by people. Average looking people have to do something above average to get accepted and ugly people have to do something extraordinary!
- Always tell the truth. So when you have to tell a lie, people are more likely to believe you.
- More you talk about a person to others, more you fall in love with that person.
- If you announce your goals or tell someone else about them, you are less likely to accomplish them because of lack of motivation interest since you have nothing to prove.

- A true friend who understands your troubles is far more valuable than a hundred friends who only show up for your smile.
- We tend to behave better when we are being watched.
- Happier is not the one who has more money, but the one who has more money than his neighbor.
- Anger increases the desire of possession in people. People make more efforts to obtain the object that is associated with angry faces.
- 'Maturity' has no connection with 'Age'. Yes, age is just a number…you can find more maturity in a child, than a person in his 50's. Maturity comes with 'Empathy'.
- . Intelligent people tend to have fewer friends.
- We want more choices, but choose better with fewer options.

Psychological Facts

- **we can't maintain more than 150 social connections at a given time**. This is known as Dunbar's Number.
- Meditation can change brain structure in just 8 weeks. It also increases grey matter in parts of the brain associated with learning.
- When you remember a past event, you are actually remembering the last time you remembered it.

- Intelligent people tend to have less friends than the average person. The smarter the person is, the more selective they become.
- Marrying your best friend eliminates the risk of divorce by over 70%, and this marriage is more likely to last a lifetime
- You have 4 faces: the one you show the public, the one you show your friends and family, the one only you know, the one that even you don't know exists
- The way a person treats restaurant staff reveals a lot about their character.
- Don't fall in love if you have things to do (It's scientifically proven: being in love without a big goal together, makes you a less Productive Person)
- Never use your favorite song as your alarm clock. You'll end up hating it.
- 9 out of 10 people always misunderstood you in your first meeting. They only understand you when they get experiences of you.
- People with low self-esteem like to humiliate/scare/look-down-on others. Ex: Bullies like to dominate as they are unimpressed by their own achievements.
- Wealthier people are barometers of success: Rich people are seen with more awe and respect
- We often ignore people who admire us and pay more attention to those who ignore us.

- Opposites do not attract. You are more likely to be attracted to someone who looks and thinks like you.
- Overthinking can lead to depression.
- Our memories can change over time, and we may remember things that didn't actually happen.
- When we see others positively, it reflects our positive attributes, and when we see them negatively, it reveals our negative traits.

Top 7 rules of Life

- ***Never be the first one to punch***. But make sure you break a jaw or two when the fistfight starts.
- **Never get attached**: attachment brings grief, the more you attach yourself to someone the more it hurts.
- **Learn to say NO**. Whether it is the boss at office, or a girl at a bar.
- ***Style your hair. Once*** you find a gifted barber, stick with him. He knows your hair & beard better than your girlfriend.
- **Taking care of my body.** I go to the gym 5 times a week, and I practice yoga on the weekends. Nothing is more important than being fit and healthy.
- **Avoid Emotional Drama.** I am more of a practical person now. Even if I am all broken I prefer putting on a big smile and say nothing but "I'm fine".

- **Always be selfish.** Keep your priorities and your comfort above everyone else's. Other people would do the same when it would come upon them.

Dark Truths That Have Made You Stronger

1. Failure and Rejection: Experiencing failure and rejection can be painful, but it teaches resilience and the importance of perseverance. Understanding that setbacks are a natural part of life can foster resilience and determination to keep moving forward despite challenges.

2. Loss and Grief: Losing loved ones can be one of the most difficult experiences in life. However, facing grief allows individuals to process emotions, appreciate the preciousness of life, and cherish memories. It can also deepen empathy and compassion for others who are going through similar struggles.

3. Betrayal and Deception: Discovering betrayal or deception from someone trusted can shatter one's worldview. However, it teaches discernment, the importance of setting boundaries, and the value of authentic relationships built on trust and mutual respect.

4. Facing Fear and Uncertainty: Confronting fears and navigating uncertainty can be terrifying, but it also cultivates courage and resilience. Embracing discomfort

and stepping outside of one's comfort zone fosters personal growth and self-discovery.

5. Challenges to Beliefs and Values: Questioning deeply held beliefs or values can be unsettling, but it allows for personal growth and intellectual development. Embracing openness to new perspectives and experiences fosters empathy, tolerance, and a more nuanced understanding of the world.

6. Confronting Personal Flaws: Recognizing and accepting personal flaws and mistakes can be humbling, but it paves the way for self-improvement and growth. Embracing vulnerability and seeking self-awareness leads to greater authenticity and emotional intelligence.

7 . Navigating Trauma: Surviving trauma requires immense strength and resilience. While it leaves scars, it can also deepen empathy, compassion, and appreciation for life's fragility. Seeking support, therapy, and healing modalities can facilitate emotional recovery and growth.

8. Accepting Mortality: Confronting the reality of mortality can be unsettling, but it imbues life with greater meaning and urgency. Embracing mortality encourages living authentically, pursuing passions, and cherishing moments with loved ones.

9.. Loneliness and Isolation: Experiencing loneliness and isolation can be isolating, but it fosters self-reliance, independence, and introspection. It also highlights the importance of building meaningful connections and nurturing relationships.

10. Injustice and Inequality: Witnessing or experiencing injustice and inequality can be disheartening, but it ignites a sense of social responsibility and advocacy for change. Standing up against injustice and working towards a more equitable world fosters resilience and collective empowerment.

Hard Truths About Life That Most People Don't Know

1. **Unpredictability:** Life is inherently uncertain, with unexpected twists and turns.
2. **Challenges:** Life presents constant challenges that require effort and resilience to overcome.
3. **Adaptability:** Success and fulfillment hinge on the ability to adapt to changing circumstances.
4. **Learning from Failure:** Failures are ginevitable, but learning from them is crucial for personal growth.
5. **Embracing Change:** Life involves constant change; embracing it fosters personal development.

Truths That Most People Deny

1. Everybody needs love.
2. Infatuation and love are not the same.
3. You cannot be good to everyone all the time.
4. Reality isn't fiction (although you can create your own story).

5. Good looks matter.
6. There is a perfect hairstyle, a perfect beard style, or a perfect ponytail style for a particular face. You have just not tried it!
7. There are people who would kill for the food you just threw away.
8. Illegal things happen all around you without you even knowing.
9. Money is a tool for life, not something you live for.
10. Capitalists rule the world (contradictory to the last point, but true).
11. You might be depressed, struggling with anxiety, or stressed out.
12. Taking care of your mental health is important. At least as important as taking care of your body.
13. The youth has been protesting for a long time (yes you read that right).
14. Caffeine is a drug (where's the chai coffee gang at!)
15. You can change (but do you want to?)
16. People will leave you (and you will leave people).
17. Your parents are not going to change. Do not throw feminism or liberalism or anything with an 'ism' on their face. Decades of conditioning is not easy to undo, especially when the person is unwilling!
18. On a contradictory note, years of conditioning can be undone with a good strategy (and strong willpower).

19. There is an expiry date for everything (even the universe).

Lessons You Learn In The Most Difficult Times Of Your Life

1. You have to live moment after moment. If in this moment there is peace, enjoy it, value it, live it, and if there's no peace in this moment, live it, because soon there will be a moment of peace. Do what's required best in the moment and shut up, get lost, go away.
2. Never ever give up. Fall down, cry, curse life, feel weak, break down, but return every time. Karma yoga must be the biggest principle of your life. If you keep acting well, you will break all barriers of misery sooner or later. Irrespective of results, one day you will be proud of yourself, because in long run you ought to overcome any situation and only memories shall stay.
3. If you can't manage alone, still you would have to manage everything by yourself someday, and you will manage it. Learn to handle your emotions, seek love from God, your inner-self, the pure and immortal soul. It’s really tough but speak with and to yourself, guide thyself, practice it. It's the permanent support. People won't be available when you need them the most.
4. See situations with a different perspective-

a. It's here to make me learn crucial lessons.

b. If it exists today it will definitely disappear someday.
c. If it has barged into my home, I will fight it out.
d. It is what it is, I have to accept it as mine and then fight it out.
e. Everything I am experience, a fresh chapter that makes my life story interesting.
f. Every pain is an end to a previous bad karma. Every pain is a doorway to freedom.
g. Doesn't matter what the circumstances are, I have to survive, live, manage and thrive. I am the protector of my life.
h. Life is as much about losing as much it is about gaining. If gaining is past and present, losing is a certain future.

Five facts that cannot be denied

1. Don't educate your children to be rich. Educate them to be happy. So when they grow up they will know the value of things and not their price.

2. Eat your food as a medicine, otherwise you will have to eat your medicine as food.

3. The one who loves you will never leave you, even if he has 100 reasons to give up. He will always find one reason to hold on.

4. There is a big difference between being a human and being.

5. If you want to go fast - go alone! But if you want to go far - go together.

Whether we drive a $150,000 car, or a $2000 car - the road and distance are the same, we arrive at the same destination.

Some Deep Facts You Can't Deny About Life

Life is full of profound truths that resonate with us on a deep level. Here are some undeniable facts about life that we can't ignore:

1. Impermanence is Inevitable

- Change is the only constant in life. Everything - relationships, situations, emotions - is transient.
- Accepting impermanence can lead to greater resilience and inner peace.
- Embrace the present moment and cherish what you have while it lasts.

2. Adversity Builds Resilience

- Challenges and setbacks are inevitable parts of life's journey.
- Overcoming adversity strengthens character and fosters personal growth.
- Every obstacle is an opportunity for learning and self-discovery.

3. The Power of Choice

- Life is shaped by the choices we make every day.
- We may not always control our circumstances, but we always have control over our responses.
- Empower yourself by making conscious choices aligned with your values and goals.

4. Connections Matter

- Human beings are inherently social creatures, and meaningful connections enrich our lives.
- Cultivate relationships built on trust, empathy, and mutual respect.
- Invest time and effort into nurturing friendships and family bonds.

5. Self-Compassion is Essential

- Treat yourself with the same kindness and understanding you would offer to a friend.
- Practice self-compassion by acknowledging your flaws and imperfections without judgment.
- Embrace self-care practices that prioritize your physical, emotional, and mental well-being.

6. Purpose Drives Meaning

- Discovering and pursuing your passions gives life a sense of purpose and fulfillment.
- Align your actions with your values and aspirations to create a meaningful existence.
- Find joy in the journey of self-discovery and growth.

7. Gratitude Transforms Perspectives

- Cultivate an attitude of gratitude for the blessings and lessons life brings.
- Shift your focus from what's lacking to what's abundant in your life.
- Regularly express appreciation for the people, experiences, and opportunities that enrich your journey.

Reflecting on these deep truths can inspire profound insights and guide us toward a more fulfilling and meaningful life journey.

Some Heart Broken But Facts About Human Life

1. If everyone likes you, you've made too many compromises.
2. If you like everyone, it's because you tend to ignore too many red flags in them.
3. The easiest way to be labeled as a troll is to oppose public opinions. (popular opinions are not facts)
4. When you're known for being a troublemaker, people will start blaming you for crimes that you didn't commit.
5. People live better lives on social media than in reality.
6. Unless you are a rich or famous person, no one will praise you for being morally upright.

7. Long-lasting friendships are rare. Many of them are seasonal.
8. When people become successful, sometimes the fear of losing it all prevents them from celebrating.
9. No one is truly altruistic. Every human has an ego that rewards them when it labels their deeds as “good”.

Some Subtle Signs Of Gas lighting

1. You're frequently second-guessing yourself.

2. You wonder if you're too sensitive.

3. You don't trust your own judgment and decisions.

4. You find yourself constantly apologizing.

5. You can't figure out why you're so unhappy.

6. You always make excuses for your partner's behavior.

7. You feel like you can't do anything right.

8. You think you just aren't good enough.

5. You feel you were once a happier, more confident person

10. You hold things back from friends and family.

Most Awesome Psychological Facts

1.Haters don't really hate you, in fact they hate themselves because they are a reflection of what you want.

2. Be sure to listen carefully to how one person talks to you about other people. That's how they talk to other people about you.

3. We only need two close friends we can trust. A lot of friends are associated with depression and stress.

4. People who don't socialize much are not actually anti-social, they don't tolerate drama and fake people.

5. Stop telling your problems to others, 5% don't care and the other 20% are happy that you have it.

6. Eating chocolate while studying helps the brain retain new information and is associated with higher test scores.

7. Being nice to someone you dislike doesn't mean you're fake, it usually means you're mature enough to tolerate that person.

8. It's hard to get someone out of their mind, the reason they're thinking about you too.

9. People who understand sarcasm well are often good at reading people's minds.

10. If your mind wanders over and over again, there's an 10% chance that you're subconsciously unhappy with your life.

11. The way parents talk to their children becomes the voice of their conscience.

12. Writing down your negative thoughts and throwing them in the trash can improve your mood. (I tried and it really works:)

13. Meditation can change the structure of the brain in just 8 weeks. It also increases gray matter in parts of the brain associated with learning.

The Lessons People Learn After A Breakup

1. Never underestimate the power of communication - unless you enjoy decoding cryptic messages more than solving Sudoku puzzles.
2. Sometimes it's not about finding the right person, but about learning to operate the GPS of your own emotions without crashing into "Dead End" streets.
3. The best revenge isn't posting glamorous selfies with someone new; it's living well enough that your ex starts to wonder if they were the supporting character in their own breakup drama.

4. Breakups are like kale salads: they're bitter at first, but eventually, you'll realize they were good for your growth, and you might even develop a taste for them... or at least that's what you'll tell yourself.
5. Embrace the single life! It's like being the CEO of your own happiness, with no shareholders' meetings or quarterly reports to file.
6. Remember, exes are like old iPhones: you might reminisce about the good times, but you'd never trade in your sleek new model for the clunky, outdated version.
7. Never settle for someone who treats you like a backup plan; you're not Netflix, and they're not scrolling through options while deciding what to watch next.
8. Take time to heal, but don't wallow in self-pity like a toddler who dropped their ice cream cone. Instead, grab a spoon and savor the flavors of independence.
9. Don't rush into rebound relationships; they're like microwave dinners - convenient at first, but you'll regret it when you realize they lack substance and leave you feeling unsatisfied.
10. And finally, always remember: the best way to get over someone is to get under a cozy blanket with a pint of ice cream and binge-watch your favorite TV show until you forget their name faster than you can say "remote control."

Worst Thing To Do In A Relationship And In Life

One of the worst things to do in a relationship and in life is to betray trust. Trust forms the foundation of healthy relationships, whether they're romantic, familial, or friendships. Betraying someone's trust by lying, cheating, or breaking promises can cause immense pain, damage relationships irreparably, and erode the very fabric of trust upon which those relationships are built.

In life, another harmful thing is to live without purpose or meaning. Feeling aimless, directionless, or without a sense of fulfillment can lead to dissatisfaction, despair, and a lack of motivation. Without a sense of purpose, individuals may struggle to find meaning in their actions and may feel disconnected from themselves and others.

Ultimately, the "worst" thing to do in a relationship or in life can vary depending on individual values, beliefs, and circumstances. However, actions that undermine trust and integrity or lead to a lack of fulfillment and purpose are generally considered detrimental to both relationships and overall well-being.

Advise That You Would Give Me For A Happy Life

- Laugh at your problems; they might get self-conscious and leave.
- Eat dessert first, because life is uncertain, but dessert is guaranteed happiness.
- Never trust stairs; they're always up to something.
- Be yourself, unless you can be a unicorn. Then always be a unicorn.
- Don't take life too seriously; it's not like you're going to get out alive.
- Hug your haters; they'll wonder why you're so happy despite their efforts.
- Procrastinate today; it's the only time you can be sure of.
- Smile, it's the second-best thing you can do with your lips.

If I Love Someone Who Does Not Love Me?

1. Accept it like you accept that WiFi signals weaken in the bathroom – it's just a fact of life.
2. Move on like a cat moves on from a laser pointer – gracefully and with a touch of indifference.
3. Remember, unrequited love is like a diet soda – it might leave a bitter taste at first, but there are plenty of other refreshing options out there.

4. Treat your feelings like expired yogurt – acknowledge the expiration date, throw it away, and explore the fresh, new aisles of romantic possibilities.
5. Be like a GPS recalculating after a wrong turn – redirect your emotions towards someone who's ready to take the journey with you.
6. Loving someone who doesn't love you back is like trying to high-five a ghost – it might seem like a good idea, but you're better off investing your energy where there's something tangible.
7. Think of unrequited love as a Netflix show with only one season – appreciate the experience, learn from it, and don't get stuck in reruns.
8. Loving someone who doesn't love you back is like playing chess with a pigeon – no matter how good you are, the pigeon will probably just knock over the pieces and strut away.
9. View unrequited love as a dress that doesn't fit – don't force it, return it, and find something that complements your style.
10. Remember, unrequited love is like a missed bus – another one will come around, and it might just take you to a more exciting destination.

After A Breakup, What Can I Do?

Going through a breakup can be a challenging and emotionally turbulent experience. It's essential to prioritize self-care and allow yourself the time and space to heal. Here are some suggestions on what you can do after a breakup:

- Avoid Isolation:
    - While it's natural to need alone time, try not to isolate yourself for extended periods. Socializing can be beneficial for your mental and emotional well-being.
- Set New Goals:
    - Use this time as an opportunity to set new personal and professional goals. Focusing on your aspirations can provide a sense of purpose.
- Learn and Grow:
    - Use the breakup as a learning experience. Reflect on what you've learned about yourself and relationships, and use this knowledge for personal growth.
- Stay Positive:
    - Cultivate a positive mindset. Surround yourself with positivity, engage in affirmations, and visualize a healthy and happy future.
- Give Yourself Time:
    - Healing is a gradual process, and it's essential to be patient with yourself. Allow time for emotional recovery without rushing into new relationships.
- Allow Yourself to Grieve:
    - It's okay to feel sad, angry, or confused. Give yourself permission to grieve the end of the relationship and acknowledge your emotions.

- Reach Out for Support:
    - Connect with friends, family, or a support network. Sharing your feelings with others can provide comfort and perspective.
- Establish Boundaries:
    - Consider establishing boundaries with your ex-partner to allow both of you space to heal. This may include limiting or avoiding contact for a while.
- Reflect on the Relationship:
    - Reflect on the relationship and the reasons for the breakup. Use this time for self-discovery and personal growth.
- Focus on Self-Care:
    - Take care of your physical and mental well-being. Prioritize self-care activities such as exercise, proper nutrition, and sufficient sleep.
- Engage in Activities You Enjoy:
    - Reconnect with hobbies and activities you enjoy. Doing things that bring you pleasure and fulfillment can help shift your focus.
- Seek Professional Help if Needed:
    - If you're struggling to cope, consider seeking support from a therapist or counselor. Professional guidance can provide valuable insights and coping strategies.

Remember that everyone copes with breakups differently, so find strategies that work best for you. If you find that the emotional pain persists or becomes overwhelming, seeking professional help is a healthy and proactive step toward healing.

What should I do to think positive?

1. Embrace your inner superhero – remember, even Batman had bad days, but he still rocked that cape!
2. If life gives you lemons, make a lemonade stand and charge those sour moments an entrance fee.
3. Dance like no one is watching, and if they are, just throw in some questionable moves to keep them entertained.
4. Be a pineapple: stand tall, wear a crown, and be sweet on the inside. And if someone challenges you, just say, "I'm the reigning fruit monarch!"
5. Take life less seriously than your grandma takes her secret pancake recipe. Laughter is the best seasoning!
6. Channel your inner cat – take a nap, ignore negativity, and if all else fails, knock something off a table just for the fun of it.
7. Remember, a smile is a universal language. Unless you're in emoji-land, then it's just one of many expressions, so mix it up a bit!

8. Pro tip: replace "Why is this happening to me?" with "What hilarious story can I tell about this later?"
9. Pretend life is a comedy show, and you're the headliner. The more you laugh, the higher your ratings!
10. If life throws you a curveball, swing back with a joke. After all, laughter is the best revenge – just make sure it's a good one-liner, not a wild pitch!

How do I stay calm and focused?

1. **Tame Your Inner Squirrel**: Picture your thoughts as a bunch of hyperactive squirrels. Try to corral them into one task at a time. No nuttier distractions!
2. **Stay Organized, not "Where Did I Put That?" Organized**: If you can find your to-do list faster than your car keys, you're on the right track.
3. **Be the Zen Master of Your Workspace**: Arrange your desk like a minimalist dojo. Fewer knick-knacks, more focus power.
4. **Pretend You're a Secret Agent**: Make your tasks feel like covert missions. Suddenly, that report becomes top-secret intel.
5. **Mindfulness, Not Mind-Full-of-Mess**: Meditation isn't about levitating; it's about keeping your feet on the ground, one thought at a time.

6. **Breaks Are Like Chocolate: Enjoy but Not All at Once**: Short breaks are like mini dessert bites in a long meal. Savor them and recharge.
7. **Sleep: It's Not a Mythical Creature**: If you sleep enough, you'll be more focused than a caffeine-fueled unicorn.
8. **Banish the Caffeine-Induced Jitters**: Replace that fifth cup of coffee with a calming herbal tea. Your jitters will thank you.
9. **Exercise: More Sweating, Less Stressing**: Working out isn't just for superheroes. It's for your brain's secret identity: "Captain Focus."
10. **Just Breathe**: Take deep breaths. It's free, it's easy, and it's not as weird as it sounds when you do it in public.

Remember, staying calm and focused can be a fun adventure, not a dull chore!

What Habits Of Students Drain Focus And Concentration?

1. Watching thinking about vulgarity.
2. Being available to everyone and every time.
3. Constantly stressing about things we can't control.
4. Eating too much junk food.
5. Lack of sleep is a big killer of focus.
6. Taking everyone's opinion seriously.
7. Finding ways to get laid because you think you're a loser.

8. Watching YouTube videos at a stretch of 3 to 5 hours every day.
9. Comparing yourself with others.
10. Trying to impress everyone.

To respect the boundaries of others:

1. Be aware of personal space and emotional limits.
2. Listen actively and respect verbal/non-verbal cues.
3. Seek consent before physical contact or sharing personal information.
4. Communicate openly and encourage others to express their boundaries.
5. Respect privacy and avoid prying into personal matters.
6. Maintain an appropriate physical distance and avoid invasive behavior.
7. Honor time, and commitments, and avoid assumptions.
8. Accept rejection gracefully without pressuring or guilting others.
9. Cultivate empathy and understanding toward others' perspectives.

Some Sad Truths About Life?

1. Death is inevitable and affects everyone.

2. Life is not always fair, and bad things can happen to good people.
3. People change, and relationships can end or fade away.
4. Money does not guarantee happiness or fulfillment.
5. Not everyone will achieve their dreams or goals.
6. Health problems can arise unexpectedly and affect the quality of life.
7. Time cannot be reversed, and opportunities once missed cannot be regained.
8. Loneliness and isolation are common experiences for many people.
9. The world is not always a safe or kind place.
10. Human beings are fallible and capable of making mistakes that can have lasting consequences.

Benefits Of Telling The Truth

1. No more fake stories: You won't have to remember the fake stories you told anymore, and you can use that extra brain power for something else, like memorizing jokes or learning a new dance move.
2. Honesty is the best policy: You'll never have to worry about getting caught in a lie and having to deal with the consequences. Plus, if you're ever stuck in a game of "Two Truths and a Lie," you'll have an unfair advantage.

3. People will trust you: You'll be known as the one person who always tells the truth, which can be pretty cool. Plus, you'll never have to deal with that awkward moment when you're caught in a lie and everyone knows it.
4. No more guilty conscience: You won't have to feel guilty about lying anymore, which means you can eat that extra piece of cake without feeling bad about it.
5. The truth can be hilarious: Sometimes the truth is so ridiculous that it's funny. Just think about all the hilarious stories you have that involve telling the truth, like the time you got lost on a road trip and ended up on a llama farm.

Overall, telling the truth can lead to a happier, more hilarious life. So go ahead and be honest, and let the good times roll!

The Unwritten Rules Of A Happy Life

- First and foremost, rule number one: don't take life too seriously. Life is already filled with enough seriousness, so why add more to the mix? Instead, try to find humor and joy in everyday things. Laugh at yourself when you trip over your own feet, enjoy a good meme or two, and never turn down an opportunity to dance like nobody's watching.

- Rule number two: surround yourself with good people. This might sound like a no-brainer, but you'd be surprised at how many people forget this one. Your friends and family should be the ones who lift you up, make you feel good about yourself, and support you through thick and thin. And if someone doesn't fit the bill, well, it might be time to say "bye-bye."
- Rule number three: be grateful. Gratitude is like the cherry on top of the happiness sundae. When you take the time to appreciate the things you have, big or small, you'll start to see the world in a different light. Suddenly, that traffic jam on the way to work isn't so bad because you're grateful to have a job. And that burnt toast for breakfast? Hey, at least you have food to eat!
- And last but not least, rule number four: be kind. It costs nothing to be kind, but the rewards are immeasurable. Whether it's holding the door open for someone, smiling at a stranger, or giving a compliment, small acts of kindness can make a big difference in someone's day (including your own).

Key For A Healthy Relationship

Here are the keys to a healthy relationship:

1. Communication: Don't just grunt or nod when your partner speaks to you, try to use actual

words. Unless, of course, you're both secretly cavemen and that's your thing.

2. Mutual respect: Remember, your partner is not a mind-reader. So don't expect them to know what you want without you telling them. And if they do turn out to be a mind-reader, hold on to them tight because that's a rare find!
3. Quality time: Make sure to schedule some quality time together, even if it's just sitting on the couch and binge-watching your favorite shows. And don't forget the snacks!
4. Compromise: If you're having trouble finding common ground, try rock-paper-scissors. It's a scientifically-proven method for making important life decisions.
5. Support: When your partner is going through a tough time, be their rock. And if they're going through a midlife crisis and want to buy a sports car, remind them that minivans are much more practical.
6. Forgiveness: Remember, forgiveness is key. But if your partner keeps forgetting to put the toilet seat down, it's okay to threaten them with bodily harm.

Masculine Traits Men Need To Survive

1. Physical strength and endurance - To handle physically demanding tasks and overcome challenges.

2. Emotional stability - To manage stress, and conflicts, and maintain relationships.
3. Intelligence - To understand and navigate complex situations, and make informed decisions.
4. Resilience - To bounce back from setbacks and persist in the face of adversity.
5. Problem-solving skills - To effectively deal with obstacles and find solutions.
6. Courage - To face fears, take risks, and stand up for what is right.
7. Adaptability - To adjust to changing circumstances and be flexible in approach.
8. Good decision-making skills - To make sound choices and prioritize priorities.
9. Leadership - To guide, inspire, and direct others toward a common goal.
10. Resourcefulness - To make effective use of available resources and find creative solutions.

The best thing in life is whether you give up or never give up

- The decision to give up or never give up can have a significant impact on an individual's life. Giving up can be a sign of defeat and can lead to a feeling of disappointment and unfulfillment. On the other hand, never giving up can be a sign of determination and resilience, and can lead to achieving goals and reaching one's full potential.

- One of the key reasons why never giving up is important is that it allows individuals to learn from their failures and overcome obstacles. Failure is a natural part of the learning process, and it can be a valuable source of feedback and insight. When people give up too easily, they miss the opportunity to learn from their mistakes, grow and improve.
- Another reason why never giving up is important is that it allows individuals to achieve their goals and reach their full potential. When people give up on their dreams and aspirations, they limit their own potential and may never know what they could have accomplished. On the other hand, when people are determined and persistent, they are more likely to achieve success in their endeavors.
- Never giving up also helps people to develop resilience and mental toughness. Life can be challenging, and there will be times when things don't go as planned. When people give up too easily, they may struggle to cope with difficult situations. On the other hand, when people are determined and persistent, they develop the ability to bounce back and continue moving forward, even in the face of adversity.

In summary, the best thing in life is to never give up, as it allows individuals to learn from their failures, achieve their goals, reach their full potential, and develop resilience and mental toughness. Giving up may seem like the easier option in the short term, but in the long

term, it can lead to a feeling of disappointment and unfulfillment.

The Things That Do Not Matter In Life

- Rejection from the opposite or same gender, boss, or community.
- A job that keeps you from being creative.
- Get rid of the fear – one day everyone dies and that won't change.
- Not doing well on tests or getting low grades.
- Don't use your emotions as a guide for your life. Go with logic instead. Feelings aren't a reliable source.
- Hunting/Chasing for a potential significant other.
- The number of years doesn't really matter. What really counts is living life to the fullest.
- One hundred people who you know have your back and would fight for you any day is far better than having one hundred thousand people who wouldn't even pay you any attention.

Best Ways To Make Your Life Easier

- Be yourself.
- Admit mistakes and learn from them.

- Make a decision and don't look back.
- Address small problems before they become big ones.
- Stop overthinking everything.
- Stop trying to control the uncontrollable.
- Ask for help if you need it.
- Don't say, "maybe" when you really want to say, "no".
- Choose the right solution rather than the easy one.
- Focus your efforts instead of trying to be great at everything.

Is It Good To Forget The Past

If you think or not as a human, at some particular stage we all will forget our past.

Forgetting is a gift , given by God to humans in nature.

The fact is, if your past is filled with good memories and happiness then we remember those certain moments in our life.

If in opposite, if your past is filled with bad memories and sadness you may leave that, there is no need to remember those past.

Think that as junk files in your brain and delete it completely because it will never gives you anything except stress.

But don't forget the lessons you learnt from that past because, it will help you not to repeat the same mistakes again in your life.

Also one last thing, we should not forget the help done by anyone in your past, you should be thankful and remember those kinds of past in your life.

The Brutal Truth About People

1. People are always there at your best but never at your worst. **Find genuine friends and groups to hang out with who'll there for u when u need them.**
2. Your parents are the only ones who'll love u unconditionally till the end. So **leave this phone and go spend some time with ur parents!!!**
3. Gaining everyone's appreciation doesn't matter, there are always those who don't like u. **Prioritize ur self respect>>>>>>**
4. **Stay away from fake friends**. Friends who are toxic and never appreciate ur presence, cut them outa ur life guys!
5. **Stop blindly following the crowd**. Others are running towards the same target but u might be different from them. People say it’s risky for new ideas but u gotta fail to learn.
6. **U will never be good enough for them**. They’re gonna trample u if u r too kind and call u rude if u aren’t.

Truths that everyone should accept in life

- **Money matters ;** that's the bitter truth of life so make money to live a great life but don't live for money. Help people when you can.
- **Co workers are co workers** , don’t confide in them in your weak moments. Don't bitch about your Boss with them. You never know he/she might be closer to your Boss .
- You were born alone and you will die alone. Try living a meaningful life as much as possible. Have goals and work on them daily if you can.
- Karma is real. Good or bad, whether you like it or not. It’s just waiting for it’s turn. It’s your choice which one you wanna let in to your door and entertain.
- You’ve heard of stretching your muscles, right? In the same way, you need to stretch your mind, your heart, and your comfort zone.
- Privilege. Certain people will always have certain benefits in life that others do not.
- That you will have depressive periods in your life. Not everything will work out exactly as you want. Rule of thumb is don't be too attached to the outcome of every event.
- You will always regret the words or decisions taken in anger. Your patience and calmness will

always save you from it. And trust me, it's the best revenge as well.

- Don't try to marry someone who is "like you." That's a recipe for boredom and failure. Seek someone who is completely different, but in complimentary ways.
- Wake up every morning excited about what might happen today. No two days are the same and life can change dramatically in a single moment

Advice For Teens

1. Don't take my advice. Don't take your parent's advice. Don't take anyone's advice. *Listen to everyone but do what you want*.
2. You can fall in love with anyone but if you sleep at 10 and she sleeps at 2, it won't last. You may feel as if you are in love. You may even change your sleep schedule. What about the day she leaves you? What then? What will you do at 2 AM with nobody on the other end of the phone?
   Love isn't blind. Compatibility matters.
3. Talk to everybody. There is so much more to learn. *Expand your horizons*.
4. If you were never confused about something or someone's behavior, you don't understand. Understanding something or someone doesn't come fast. First, there is confusion. Then you ask questions. Then you understand. Then you ask

more questions. Then you understand more! And the cycle repeats. *Be confused. Ask questions.*

5. One day you will turn 20. Not a teen anymore. I can say that with 100% guarantee — that day will come! Similarly, one day you will die. Everything progresses and grows and one day —— *Everything has an end.*
6. Money is important. If you're living in a city, you can't live without money. *Money is a man-made basic need but not modern money mechanics, it should replace with just monetary system.*
7. Your friends will grow up. They will change. Your habits will change. Your mindset will change. If nothing changes, you're not living. *Change is the only constant.*
8. Do not cheat. Life isn't easy. You can't cheat your way through life. Although, teamwork is okay. Teamwork skills come in handy. *If you know what I mean ;)*
9. TV series, video games, and Netflix are okay in moderation with less priority. If your life revolves around them, you're in for trouble! *Balance between moderation and traditionalism is key!*

How do I get rid of this laziness and procrastination?

- Rather laziness and procrastination can be used as tools for success. Don't believe me? Read on.
- Right now you might be lying on the bed because you believe that is the easiest thing to do.
- Well at the moment it is, but down the line, if you keep lazying around, you will become a bed bug, full of belly fat, wanting to do nothing with the world.
- Do you want to become that person? Do you want to become a bedbug? Do you want to become the socially awkward guy/gal in the group?
- No? Better start procrastinating.
- Procrastinate about lying down in bed. Literally, every time your mind says - "Go lie on the bed" say back - "No I will do that later."
- I will rest later.
- I will sleep later.
- I will lie on the bed later.
- Instead, do your work. Or read a book on your favorite topic. Maybe take a walk!
- Procrastinate about becoming the bed bug, about living a shallow life, about becoming the worst version of yourself.
- Use procrastination to your advantage!
- Secondly, laziness can also be used to push towards success.

- For instance, are you too lazy to go for a workout? Well, just put your shoes on, then go back to bed.
- If you did put your shoes on, you'd be too lazy to get back to bed. Going out for a walk would be the next thing you'd want to do!
- Oh, I forgot first you will need to form a habit out of this.
- You will need to push through the initial 10–30 days. Why? Well because you are lazy! Lazy people always act out of habit rather than sheer motivation.
- If you want to use laziness to your advantage, you will need to push through the initial days.
- Put your shoes on the 1st day, 2nd, 3rd... the 15th day may be difficult.
- You will not want to put your shoes on, or worse you may not want to even get out of bed.
- But this is where you make a decision.
- Do I let laziness rule over me, or do I use it to my advantage? This is where you test waters of your own consciousness before leaving the shore of a spoiled-up life.
- The ocean is windy, but ride it you must!

Some Good Habits To Follow

1. Spend money to create some great memories.
2. Stop eating when you feel like you're 80% full.

3. Smile sometimes, even if you don't have a reason.
4. If you want to keep your mental health good, you should try to sleep 6–7 hours every day.
5. It's important to celebrate your accomplishments, big or small, as they all contribute to your success.
6. Talk to people you don't know. It's a great way to make friends and learn new things
7. Play with children. They're a source of good vibes.
8. Make sure to walk for at least 15-20 minutes every day
9. When you're feeling down, compare yourself to who you were yesterday and give gratitude for how far you've come.
10. Follow your heart, but don't forget to use your brain too.
11. Knowing how to manage your time is a valuable skill.

When did you realize that you had grown up?

1. We all grew up, going from being super excited about birthdays to treating them like regular days.
2. We grew up somewhere between Katti to blocked.
3. We grew up, where we became more mindful of our health.

4. We grew up, where we rely on ourselves more.
5. We grew up at the point in our lives where we began to forgive people.
6. We grew up, where we became more mindful of our health.
7. We grew up at the point where we moved from crying loudly to get attention to crying silently to avoid it.
8. We grew up at the point where we moved from wanting to grow up to want to be a child again.
9. We grew up, where we are fine when the author repeats point 3rd twice.

Some Deep Facts You Can't Deny About Life

1. When you go after material possessions, you will die unhappy.
2. Even when you die, you will have needed more lifetime to meet most of the people around you.
3. The older you get, the more you wish you were a kid.
4. Kids are the best phylosophers.
5. Plants FEEL!
6. Asking for help does not mean you are weak.
7. Your brain has no limits, it’s just that we are too lazy to unlock it.

Top Rules Of Your Life

- Never tell anyone what you're going to do next.
- Keep your bank balance a secret.
- It's more important to take care of health and mind than to worry about materialistic possessions.
- To go to the gym five times or more per week
- Mind your own business; if it’s none of your concern, stay out of it.
- Keep a positive attitude and look for the good in every situation.
- Only commit to things that are important to you, and don't be afraid to say "no" to things that don't align with your priorities.
- Never feel guilty for choosing yourself first.
- You make rules and then you break them and make new ones. That's just how it is--change is the only constant thing in life.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.

About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

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